



Single men, bad habits

Study shows bachelors most likely to believe they don't have control over their own health PAGE 31

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STATE OF REST

Former Alberta premier Peter Lougheed lies in state on Monday at the Alberta legislature in Edmonton. Story, page 4.
IAN JACKSON-POOL/THE CANADIAN PRESS

City embarks on \$8-billion transit plan

Plan now, pay later.

'This is all very exciting.... Now all we have to do is find \$8 billion,' says mayor



ROBSON FLETCHER
robson.fletcher@metronews.ca

Calgary's 30-year transit plan includes a subway along 8th Avenue, a Shaganappi expressway for high-occupancy vehicles, and LRT connections that span nearly 350 blocks from north to south.

The price tag for all this? An estimated \$8 billion.

That's according to the city's Route Ahead program, which projects transportation needs and attempts to get ahead of Calgary's continued growth.

"That is a huge, huge, huge and important conversation for us to have," Mayor Naheed Nenshi said Monday during an all-day special meeting of council to review the plan.

One proposal is a so-called orange line for the LRT, running from Northpointe through downtown all the way to Seton in the southeast.

By "marrying" the previously discussed north-central and southeast LRT lines into a single route, Nenshi hoped it would avoid some of the political disputes over which line to build first.

"It's all one line," he said. "And so the question is: Do you start from the middle? Do you start from the ends?"

The city has no money set aside for any of these projects and would rely mainly on provincial and federal funding.

Bruce Foster, a professor

Decision

- **Waiting.** Council deferred a vote on adopting the principles and decision-making criteria outlined in the plan until its next regular meeting on Sept. 24.
- **Online.** For a map of the proposed new transit routes, visit metronews.ca.

of policy studies at Mount Royal University, thinks it's a good strategy for Calgary to outline its needs well ahead of time but said money from higher levels of government won't flow easily.

"You never get what you ask for, simply because the competition for finite resources is intense," he said.

"All cities have their wish lists and transit is awfully expensive."



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Missing woman

Murder charge laid against Red Deer man

Alberta Mounties have charged a Red Deer man with the murder of a woman whose body had been dumped in a recycling bin.

Nathan Desharnais, 24, is set to appear in court Wednesday on charges of second-degree murder and offering an indignity to human remains.

The body of Talia Meguinis was found in Red Deer's Riverside industrial park on Feb. 22.

Investigators said the 27-year-old Calgary woman had arrived in Red Deer a few days earlier and was last seen alive on Feb. 20.

They believe her body was dumped in a recycling bin, which was later emptied into a recycling truck and taken to the depot where her body was discovered.

Police won't reveal how Meguinis died but said she met the suspect the weekend before she was killed.

Sally Simeon said Monday her daughter was a beautiful young woman with a trusting nature who didn't see bad in others.

"She would never turn anyone away who needed something, whether it was money or a place to stay. She had a very trusting nature."

Simeon said the arrest has brought some relief to her family.

"We loved Talia very much and every day we miss her more. When the police told us that Talia had been murdered, we couldn't believe the news.

RCMP Insp. Lawrence Aimoe said the arrest came after an extensive investigation that included police officers from Calgary and the nearby Tsuu T'ina reserve. **METRO**



The Grey Eagle Casino on Tsuu T'ina land is expanding, but a spokesperson indicated other development might be in the works. JEREMY NOLAIS/METRO

Casino event fuelling development speculation

Development. Idea of introducing big-box retailers may hinge on plans for long-awaited southwest ring road



JEREMY NOLAIS
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Speculation swirled Monday when the Tsuu T'ina Nation said an announcement "will include significant additions that will affect Calgary."

The planned news conference Tuesday morning indicates major expansion of the Grey Eagle Casino on the

reserve, located on Calgary's southwestern outskirts.

A spokesperson confirmed the announcement would include development beyond that facility, but declined to elaborate.

Members of community associations near the reserve were quick to suggest officials may be unveiling portions of a long-discussed master plan for the area that at one point called for development of a 290-acre retail area as well as 150 acres of office and institutional facilities.

Pamphlets were sent out to residents in the area in 2004 discussing the plans but no timelines were given.

Duncan Kent, president of the Lakeview Community

Association, said the development came up during an April open house to discuss expansion of the Grey Eagle's slots gambling area as well as the addition of another restaurant on site.

"They had been talking about building a hotel and quite a large, big-box store complex there as well," he said. "I think all of that is conditional on far better access to the site."

Kent said that access could be provided through a possible routing of the long-discussed southwest portion of Calgary's ring road but he added that he's heard no rumblings of a deal for the thoroughfare.

Representatives at the April open house rejected any talk of

Ring road

The southwest ring road leg would only come through a deal with the province, but Transportation Minister Ric McIver could not be reached for comment Monday.

a link between the retail and road projects, Kent said.

Brent Mielke with the Springbank Hill Community Association said he's heard talk of the same retail development on Tsuu T'ina as well as the possibility of a roadway link with the nearby Westhills Shopping Centre.

Mobile news



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Premier Alison Redford pays her respects to former premier Peter Lougheed on Monday at the Alberta legislature in Edmonton. IAN JACKSON/THE CANADIAN PRESS

Farewell to an Alberta giant

Lying in state. Former premier remembered as 'a little man that did big things'

RYAN TUMILTY
Metro in Edmonton

Albertans lined up by the hundreds in the late-summer sunshine outside the legislature in Edmonton on Monday to pay their respects to Peter Lougheed.

Inside, his closed coffin sat on a black riser in the marble rotunda at the foot of the grand staircase that leads to the assembly chamber, where he dominated for 14 years as premier.

Jess Beisiegel, 31, was only a child during Lougheed's tenure, but said he is well aware

Paying tribute

- A public memorial for Peter Lougheed will take place on Friday at Calgary's Jubilee Auditorium.
- There will be limited seating for the public, but some seats will be available at 10 a.m.
- Lougheed's family is holding a private funeral.

of what Lougheed did for the province.

"I got to reflect and see how many years he was premier and what was involved," he said.

What struck him most was just how much Lougheed accomplished. "It touched me that one person really did make a big difference."

Colleen Fredericksen, a retired physiotherapist, came to the legislature in part to recognize everything Lougheed did for her profession.

She said that, sadly, much of what he accomplished has been eclipsed by those who came after him, but she will always think of him as a man of great achievement.

"I think we will remember him as a little man that did big things."

Lougheed's casket was draped in a hybrid Canada-Alberta flag to honour a man who called himself a Canadian first, but one who fought, as premier, to make Alberta an equal player in Confederation.

Lougheed, who was premier from 1971 to 1985, died of natural causes last week at the age of 84. His casket will remain at the legislature on Tuesday from 8 a.m. to 6 p.m.

WITH FILES FROM THE CANADIAN PRESS

Three people cleared in condo fire

Police have ruled out three people who were initially thought to be connected to a weekend fire that destroyed nearly two dozen condos in McKenzie Towne.

Fire crews were called to the scene of a blaze at a condo-construction site at about 2:30 a.m. on Sunday.

The massive fire destroyed 22 condos, damaged 13 others and melted parts of several vehicles nearby.

While the cause of the fire has yet to be determined, Staff Sgt. Bruce Walker of the arson unit said police were looking for three people seen at the northwest corner of the

construction site where a second fire broke out.

Late Monday, those three people came forward to police and provided witness statements. They are no longer considered suspects, police said.

Walker said investigators would be sweeping the scene over the coming days to determine where and how the fire started.

Damages to the complex are estimated at \$3 million to \$4 million.

Anyone with information about the fire is asked to call Crime Stoppers at 1-800-222-8477.

KATIE TURNER/METRO



After police released this photo, the three people caught on camera near the McKenzie Towne fire came forward and were cleared as suspects. CONTRIBUTED/CALGARY POLICE

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Occupy

Protesters return to Olympic Plaza

A few sported Occupy Calgary attire and signage but the general sentiment of a dozen protesters at Olympic Plaza Tuesday was more focused on opposing Stephen Harper's government.

The group gathered for just over an hour on the one-

year anniversary of Occupy Wall Street. Calgary's version of the movement started about one month later and saw members camp in the plaza for two months.

"There are a few Occupy members here," said Emily Gale. "In Canada, it's more of a 'stop Harper' focus."

Police watched over the demonstration and it appeared there were no major confrontations. **METRO**



Protesters head to Olympic Plaza area Tuesday. JEREMY NOLAIS/METRO

E.coli

Plant recalls beef with possible contamination

The Canadian Food Inspection Agency is warning against the consumption of several brands of ground beef from XL Foods of Alberta because of possible E. coli contamination.

The beef was sold under the Kirkland Signature brand, which is carried by Costco stores across Canada.

It was also sold under the Safeway and Calahoo Meats brands in Ontario, Manitoba, Saskatchewan, Alberta and B.C.

The agency said Monday there have been no reported illnesses linked to the product, which is

being recalled voluntarily by Edmonton-based XL Foods.

The company said it is committed to food safety and recalled the meat even though it believes the risk of contamination is "very low."

The CFIA said it doesn't know exactly which stores — or how many — have been carrying the affected product. **THE CANADIAN PRESS**

Edmonton has seen some success with taxi surcharge

Pitch. Alderman taking feedback on similar approach to overcome Calgary cab crunch



JEREMY NOLAIS

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More taxis drivers hit the streets late at night in Alberta's other major city after the introduction of a surcharge, but an industry official suggests the only real fix to the scarcity of late-night cabs will be staggered closing times for drinking establishments.

In 2008, Edmonton added a \$3 fee to all fares between 11 p.m. and 4 a.m. in response to increased customer demand. The fee was meant to entice more cab drivers to work the unappealing bar-closing hours.

Calgary Ald. John Mar is considering a motion to implement a similar model in Calgary.

But while Philip Strong with the Edmonton Taxi Service Group said the surcharge improved late-night service, he said most companies see staggered bar-closing times as the real answer.

"It takes you four hours to

get people to the bars and then they all want to leave in the same half-hour," he said.

But Mar said the city has explored the "extraordinarily complicated" staggered-closings model in the past and ultimately the province ruled against it.

Mar sees a possible surcharge in Calgary ranging from \$3 to \$5 per late-night ride, or possibly being a percentage of the total fare. He said early feedback indicates that the idea is popular among young women, adding that more readily available cabs could improve safety as well.

"Obviously there are certain levels of risk for a female passenger," Mar added.

WITH FILES FROM ROBSON FLETCHER

Calgary's cab status

- **Timing.** Calgary city council recently approved 55 new cab licences with the requirement that all plate-holders work late Fridays and Saturdays.
- **Availability.** Calgary maintains one of the better customer-to-cab ratios in all of Canada.



Late-night cab service continues to be a concern among many Calgarians, suggests one alderman, who is pitching a new surcharge to sweeten the pot for drivers. **METRO FILE**



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Pipeline. Gateway ownership questioned

Lawyers for an aboriginal group fighting the proposed Northern Gateway pipeline have raised more questions about who could end up with ownership stakes.

Hana Boye, who represents the Haisla band that claims much of the pipeline's route as its traditional territory, queried Enbridge officials on who put up money for 10 \$10-million option agreements that could guarantee their holders space in the pipeline and a share of its ownership.

"If we don't know who these investors are, we're not able to determine if they're financially viable, if they're market-force-driven or if it's in the interest of Canadians," she said.

Lawyers for environmental

Chinese interest

- Under further questioning, Fisher conceded that the Chinese state-owned oil company Sinopec owns one of the \$10-million units.

groups had already raised questions at hearings earlier this month about the possibility of Chinese interests buying control of the project.

On Monday, Enbridge vice-president John Fisher said most of the purchasers have been identified. Those who aren't are covered by a confidentiality agreement, he said.

THE CANADIAN PRESS

Council

City looks to honour Loughheed

Following the death of former premier Peter Loughheed, city council discussed the possibility of naming something after the famed politician.

Ald. John Mar said

Monday that council has been discussing honouring Loughheed since his death on Thursday.

Mar said he has a certain park in mind that he would like to name after Loughheed, but he plans to discuss the idea with Loughheed's family before making a public announcement.

METRO

'It's a place where people can come to reflect'

Memorial. MADD and police chief hope new bench will serve as a reminder to Calgarians to refrain from drinking and driving

LISA WILTON

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Victims of impaired driving were remembered Monday with the unveiling of a memorial bench in front of Calgary Police Service headquarters.

Mothers Against Drunk Driving national president Denise Dubyk joined police Chief Rick Hanson and Calgary Police Association president Les Kaminski to reveal the black granite bench, which pays tribute to citizens and officers who have been killed or injured in impaired-driving accidents.

"This bench means so much emotionally," said Dubyk, whose son-in-law was killed by an impaired driver in 2000.

The bench also commemorates the partnership between



Denise Dubyk of MADD Calgary sits on a new memorial bench in front of Calgary Police Service headquarters.
LISA WILTON/METRO

MADD Calgary and the police service, according to Dubyk.

"The police have supported us with open arms from Day 1," she said.

"I can't think of any better place to have it than at police headquarters, where we will forever be reminded of the tragedy of drunk driving."

The memorial was more than a year in the making and

Heavy toll

- Impaired driving is the No. 1 criminal cause of death in Canada.
- Four people are killed and 174 people are injured each day in impaired-driving incidents.

paid for by a special-projects fund set up by MADD Canada. "It's a place where people

can come to reflect," said Dubyk. "Anyone can come visit."

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Members of the Shen Yun Performing Arts group are seen during a show in this promotional photo.
COURTESY OF FALUN Dafa ASSOCIATION

Dance-group decision needed now: Organizers

Debate over safety net. Promotion of Shen Yun 2013 shows in Alberta would typically have begun by now, says organizer



JEREMY NOLAÏS
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Organizers behind Alberta performances by a Chinese dance group say time is running short on a decision from the provincial government about their future here.

The Shen Yun Performing Arts group has put on shows at Alberta's northern and southern Jubilee Auditoriums since 2007 but came under fire from the provincial government for

taking concerns about alleged staff misconduct to the media.

The group was originally barred from performing in both auditoriums — one is located in Edmonton and the other in Calgary — but the province agreed to revisit the ban after a meeting in June.

Now, the sticking point is a safety net that Shen Yun's Alberta promoters, members of the local Falun Dafa Association, say inhibits the free-flowing nature of the internationally renowned show.

Three months on, Jenny Yang with the association said the province is continuing to stall on its decision, making it difficult to begin preparations for any potential shows in the spring of 2013.

"Typically, we would begin promotions in September — they would already have begun," Yang said.

But John Tuckwell, spokesperson for the provincial culture ministry, said the major concern is the safety of orchestra members below the high-flying performers that would typically be shielded by the net in the event of a malfunction.

He said Shen Yun's latest proposal is to install a net of its own but that is still under review.

"They're proposing dates in April (2013), so I think we should have plenty of time should we come to an agreement," Tuckwell said. "The bottom line for us is safety."

Yang remains unconvinced. "Do they treat everyone like this?" she said. "If not, then this must be a form of discrimination."

Follow Jeremy Nolaïs on
Twitter @Metro_Nolais



New display. City uses 'Wall of Windows' to communicate with commuters

City communicators are testing out a new pilot project that aims to brighten up a downtown C-Train station and to keep commuters in the know.

The City of Calgary has recently launched the Wall of Windows — an interactive display that not only utilizes Calgarians' photos, it informs commuters at the city hall station.

The wall involved seven display boxes, totalling about 140 feet in length, which will each fall under the theme Calgary: Places and Spaces.

"These boxes are actually built ... into the city hall station as part of the refurbishment," said Jacob George, acting director of customer service and communications.

"We were looking at opportunities of how we could best



Jacob George in front of a display of tweets from Calgarians as part of the new Wall of Windows pilot project. ROBSON FLETCHER/METRO

communicate with Calgarians and support our programs and services."

One of the seven displays will be a calendar of events around the city, which will be updated bimonthly, while another window will display tweets from Calgarians under the hashtag #myyyc.

Getting involved

- Calgarians can submit their favourite Calgary spaces at the YYCPhoto group on Flickr.
- The display also includes art work from school children, including those who attend City Hall School.

"The reason why we chose this location is our numbers show 40,000 people use that station getting downtown and back," he said. "There is a sizeable number of people who use this station on a daily basis, so we thought it was a good idea to see what we could get out of the space." KATIE TURNER/METRO



Occupy protesters take part in a rally on Parliament Hill in Ottawa on Monday, returning on the one-year anniversary of the movement. See the photo gallery online at metronews.ca. SEAN KILPATRICK/THE CANADIAN PRESS

Conservatives welcome NDP with 'bald-faced lie'

Parliament resumes.
Harper joins in on carbon tax tirade against opposition leader

Canada's parliamentary engine sputtered back to life with a hyper-partisan bang Monday as the Conservatives sought to tarnish New Democrat Leader Tom Mulcair by accusing him of planning to impose a carbon tax on unsuspecting Canadians that the NDP has never proposed.

Even Prime Minister Stephen Harper got in on the act, demonstrating that a three-month summer break has

Rebuttal

"The NDP's top priority is the economy. The Conservatives' top priority is making things up about the NDP."

NDP Leader Tom Mulcair

done little to soften the Conservative government's go-for-the-jugular partisan instincts.

Harper, his ministers and his backbenchers repeated at every opportunity their tirade against Mulcair's alleged carbon tax proposal, disregarding the fact that the NDP has never actually proposed a carbon tax.

Indeed, Mulcair and his

predecessor, Jack Layton, have proposed a cap-and-trade system to reduce greenhouse gas emissions — a proposal Harper himself championed for several years before dropping the idea.

At no point did the Tories ever refer to their own proposal as a carbon tax — but now, it seems, they're not about to let facts get in the way of a good partisan attack.

"Cap and trade or cap and tax, a price on carbon is a tax on carbon. That makes it a carbon tax," asserted New Brunswick MP John Williamson.

Mulcair refused to respond to the attacks on his supposed carbon tax plan — an assertion he's described as a "bald-faced lie." **THE CANADIAN PRESS**

Non-conviction records

Background checks tainting thousands

Thousands of Canadians are being unfairly and often unwittingly tainted by information contained in police background checks, a prominent civil liberties group said Monday.

The result is that people are denied employment or run into a host of other problems, according to the Canadian Civil Liberties Association.

At issue is the disclosure of "non-conviction" records — information about an investigation, arrest or charge that did not lead to a conviction.

THE CANADIAN PRESS

Fetal rights. Tory MP says abortion case law not clear enough

The Conservative MP seeking to re-open debate on fetal rights and abortion says it should be up to Parliament to resolve an issue the courts "left open."

But Kitchener MP Stephen Woodworth said he is not optimistic he will get the 50 per cent necessary to pass a motion he sponsored to study the definition of "human being" in the Criminal Code.

Woodworth said his motion comes to a final vote in the House of Commons on Sept. 26, and would merely

strike a committee to study the issue, and open a "respectful dialogue" on what he argues is a pressing matter.

He argued it won't seek to write a new abortion law, but at the same time Woodworth claimed the current legal environment around abortion practices is "dishonest."

At a news conference, Woodworth challenged anyone claiming a fetus at eight or nine months gestation is not a child and asked, "Does abortion access really depend on that kind of fraud?"

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Hezbollah leader emerges to spur on protests against U.S.

Anti-Islam video.

Demonstrations at U.S. institutions abroad turn violent

In a rare public appearance, the leader of the militant Hezbollah group exhorted hundreds of thousands of supporters Monday to keep up the campaign against an anti-Islam video that has unleashed deadly violence and anger at the United States across the Muslim world.

Although the massive, well-organized rally in Beirut was peaceful, protesters in Afghanistan set fires near a U.S. military base, clashed with police in Pakistan, where one demonstrator was killed, and battled with officers outside the U.S. Embassy in Jakarta, Indonesia, the world's most populous Muslim country.

The turmoil surrounding the low-budget video that mocks the Prophet Muhammad showed no sign of ebbing in the week after protest-

Backlash around the world

- Russia's prosecutor general's office said Monday it will ask the courts to outlaw the Innocence of Muslims film as "extremist and offending believers."
- Iran's top leader urged the West Monday to show it respects Muslims by blocking the film, saying Western leaders must prove they are not "accomplices" in a "big crime."
- Authorities in Germany are considering whether to ban the public screening of the film, German Chancellor Angela Merkel said Monday.

ers first swarmed the walls of the U.S. Embassy in Cairo. Four Americans, including the U.S. ambassador to Libya, died amid a demonstration in the eastern Libyan city of Ben-



A Lebanese woman in the southern suburb of Beirut smokes a water pipe on Monday as she sits in an empty lot with her family, watching Hezbollah supporters march during a rally denouncing an anti-Islam film that has provoked a week of unrest in Muslim countries worldwide. HUSSEIN MALLA/THE ASSOCIATED PRESS

ghazi.

At least 10 protesters have died in the riots, and the targeting of Western diplomatic sites has forced Washington

to increase security in several countries. Diplomats at the U.S. Embassy in Beirut destroyed classified material as a security precaution, ac-

cording to a State Department status report.

The appeal for sustained protests by Sheikh Hassan Nasrallah, the leader of

Footage surfaces

Rescue bid documented

Libyans tried to rescue Ambassador Chris Stevens, cheering "God is great" and rushing him to a hospital after they discovered him still clinging to life inside the U.S. Consulate, according to witnesses and a new video that emerged Monday from last week's attack in the city of Benghazi.

The group of Libyans had stumbled across Stevens' seemingly lifeless body inside a dark room and didn't know who he was, only that he was a foreigner, the man who shot the video and two other witnesses said. The account underlines the confusion that reigned during the assault by protesters and heavily armed gunmen that overwhelmed the consulate in Benghazi last Tuesday night, killing four Americans, including Stevens, who died from smoke inhalation soon after he was found. THE ASSOCIATED PRESS

Lebanon's powerful Hezbollah group, could stoke more fury over the video, Innocence of Muslims.

THE ASSOCIATED PRESS

Anti-American protests

U.S. diplomats at Beirut embassy destroy documents

Diplomats at the U.S. Embassy in Beirut have started to destroy classified material as a security precaution amid anti-American protests in Lebanon and elsewhere in the Middle

East and North Africa.

A State Department status report said the Beirut embassy had "reviewed its emergency procedures and is beginning to destroy classified holdings." It also said that local Lebanese employees were sent home early due to protests by the militant Shiite group Hezbollah over an anti-Muslim film produced in the U.S.

THE ASSOCIATED PRESS

Italy to represent Canada's interests in Tehran



Italy Foreign Minister Giulio Terzi
THE CANADIAN PRESS FILE

Italian Foreign Minister Giulio Terzi says Italy will look after Canadian interests in Iran after Canada shut down its embassy there earlier this month.

Terzi said Monday that Canada, Italy's "important friend and ally," had requested Rome assume protection of Canadian interests there following the Sept. 7

closure of the embassy in Tehran.

Canada also severed diplomatic relations with Iran and ordered Iranian diplomats to leave, branding the Islamic republic as the most significant threat to world peace.

The surprise move reinforced Canada's close ties with Israel, Tehran's arch

enemy.

Iran called Canada's embassy closure "hasty and unwise" and said it would react in the near future.

Tehran denies suspicions it is intent on developing nuclear weapons, with Israel especially worried.

Switzerland represents U.S. interests in Iran.

THE ASSOCIATED PRESS

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Syrian conflict. Missiles fired on Lebanese town

A Sunni Muslim town

Arsal is a predominantly Sunni Muslim town, like the majority of Syria's opposition that is trying to oust President Bashar Assad from power. Assad belongs to the minority Alawite sect, an offshoot of Shiite Islam.

Missiles fired by Syrian warplanes hit Lebanese territory Monday in one of the most serious cross-border violations since Syria's crisis began 18 months ago, security officials in Beirut and Lebanese state media said.

The officials, speaking on condition of anonymity in line with regulations, said four missiles fired by two Syrian jets hit a rugged and remote area on the edge of the Lebanese border town of Arsal. No casualties were immediately reported.

On the diplomatic front, Egypt's President Mohammed Morsi held talks with the Turkish foreign minister on the Syrian crisis ahead of a meeting of regional heavyweights seeking ways to end the country's civil war.

The Cairo meeting was the first time foreign ministers from four-nations gathered for

dialogue on Syria in an initiative proposed by Morsi. The grouping brings together three supporters of the Syrian rebellion — Turkey, Saudi Arabia and Egypt — with the Syrian regime's top regional ally, Iran.

Arriving in the Egyptian capital on Monday, Iran's Foreign Minister Ali Akbar Salehi said he was coming to the Cairo quartet meeting with a message of peace, brotherhood and assurance. THE ASSOCIATED PRESS

Iran

Nuclear chief slams atomic agency, U.S.

Iran's nuclear chief said Monday that "terrorists and saboteurs" might have infiltrated the International Atomic Energy Agency in an effort to derail his nation's atomic program. It was Tehran's harshest attack on the integrity of the UN organization and its investigation of allegations that Iran is striving to make nuclear arms.

Fereydoon Abbasi also rebuked the United States in comments to the IAEA's 155-nation general conference, reflecting Iran's determination to continue defying international pressure aimed at curbing its nuclear program and nudging it toward cooperation with the IAEA inspection.

THE ASSOCIATED PRESS

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Royals ask French court for injunction on nude Kate photos

Duchess of Cambridge. French and Italian gossip magazines that have published revealing spreads both owned by Berlusconi publisher



The Duchess of Cambridge
THE ASSOCIATED PRESS

The photos in question show the Duchess of Cambridge relaxing during a holiday at a private villa in Provence, sometimes without her bathing suit top and, in one case, with her suit bottom partially pulled down to apply sun screen.

William's St. James's Palace called the publications of the photos a "grotesque" invasion of the couple's privacy. Lawyers for the royal couple argue that the photos amount to an invasion of privacy.

The royal couple's lawyer, Aurelien Hamelle, told the French court Monday that he is seeking 5,000 euros (\$6,400 US) in damages from Closer and an injunction forcing the magazine to stop publishing the issue with the photos. He also asked the court to fine Closer 10,000 euros (\$12,800) a day for each day the injunction is not respected, and 100,000 euros (\$128,000) if the photos are sold. **THE ASSOCIATED PRESS**

A French court was asked on Monday to halt further publication of topless photos of Prince William's wife Kate.

After hearing arguments by lawyers for the British royal couple and for the popular French gossip magazine Closer, the court said it would rule today. The royal request was made after Closer printed 14 pictures of the partially clad Kate, the Duchess of Cambridge, in its pages last week.

On Monday, the Italian gossip magazine Chi — like Closer owned by Mondadori, the Italian publishing house owned by former Italian prime minister

Silvio Berlusconi — published a 26-page spread of photos of Kate without her swimsuit top. An Irish tabloid published more Kate topless photos over the weekend, drawing a vow from Ireland's justice minister to revise privacy laws there.

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Orangutan joins cancer fight

A Jungle Island volunteer comforts Peanut, one of the orangutans from a private zoo, as she is treated with R-CHOP therapy, a combination of drugs used in chemotherapy, to fight her aggressive non-Hodgkin lymphoma in Miami. Human medical specialists are treading new ground in applying a standard chemotherapy regimen to treat cancer in the orangutans. The apes share about 96 per cent of a human's genetic makeup, and Peanut's treatment plan is closer to that of what a human would receive for the same type of cancer. PAT CARTER/THE ASSOCIATED PRESS

Ohio death row

Overweight inmate requests execution delay

A condemned Ohio inmate who weighs at least 218 kilograms wants his upcoming execution delayed, saying his weight could lead to a "torturous and lingering death." Ronald Post shot and killed a hotel clerk almost 30 years ago. THE ASSOCIATED PRESS

Disrespectful outburst

EU Parliament member fined

How much does it cost to tell one of the EU's top officials he has "the charisma of a damp rag?" Apparently about 3,000 euros, or close to \$4,000 US.

In 2010, Nigel Farage, an anti-European Union member of the EU Parliament, rose following a speech by Herman Van Rompuy, the president of the European Council.

Farage, a Briton, added that the former Belgian prime minister came from "pretty much a non-country."

THE ASSOCIATED PRESS

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China scandal. Trial of former police chief begins with unexpected secrecy

A trial has begun in China for an ex-police chief at the centre of the country's worst political scandal in decades.

Court officials unexpectedly staged a closed-door hearing Monday, a day earlier than publicly announced.

Authorities justified the closed proceedings by saying "state secrets" were being discussed in the trial of Wang Lijun, who is charged with defection, abuse of power and other crimes.

"It was closed according to Chinese law because it involves state secrets," said defence lawyer Wang Yuncai, who is not related to her client.

On Tuesday, the court is scheduled to hold the previously announced public portion of the trial — though foreign media won't be allowed in — and the hearing is expected to go over allegations of bribe-taking and other charges.

The trial was the latest wrinkle in the bizarre months-long scandal that started when Wang fled to the U.S. Consulate in February and divulged the murder

Gang-buster

A career policeman of more than two decades, Wang Lijun made a name for himself as a gang-buster in a northeastern province where he met Bo Xilai, then a fast-rising politician.

- The two rode to national fame together, launching a high-profile sweep against organized crime in Chongqing, an inland megacity where Bo had been named party chief.

of a British businessman.

It resulted in the removal of his boss, senior politician Bo Xilai, from the communist leadership.

During his 33-hour stay at the consulate, Wang claimed that Bo's wife was involved in the murder.

Wang was apparently unable to get asylum in the U.S. Bo's wife was convicted of the murder, after she confessed in court.

THE ASSOCIATED PRESS

Obama program. Illegal immigrants swamp L.A. school district for records

Thousands of illegal immigrants have inundated America's second-largest school district with requests for copies of records that might qualify them for the Obama administration's Deferred Action for Childhood Arrivals program, the district said Monday.

Under the program, people who are 30 or younger will be allowed to stay in the United States and work for up to two years if they prove they've lived in this country continuously since June 2007.

Applications can be renewed every two years.

An estimated 200,000 cur-

rent and former students in the Los Angeles Unified School District might be eligible for the federal program.

"We looked at the birth years that this program covers and there were about 200,000 students that listed another country of origin," special assistant Lydia Ramos said. "We have probably the highest number of students who would be eligible for this."

Saul Berrera, 17, who was 10 when his mom brought him from El Salvador, said: "I feel like doors are opening up for me."

THE ASSOCIATED PRESS



U.S. President Barack Obama greets people at an election campaign event in Cincinnati, Ohio, on Monday. CAROLYN KASTER/THE ASSOCIATED PRESS

Vatican

Judge sets date for trial of Pope's former butler

Pope Benedict's ex-butler and another Vatican lay employee will go on trial next week in the theft of papal documents that exposed alleged corruption at the Holy See.

Judge Giuseppe Dalla Torre said Monday the first session would begin Saturday, Sept. 29.

Paolo Gabriele is accused of grand theft. Claudio Sciarpetti, a computer specialist in the Vatican, will be tried on a lesser charge.

THE ASSOCIATED PRESS

Shuttle's last journey

Endeavour still stuck in Florida

Space shuttle Endeavour apparently doesn't want to leave home.

NASA's youngest shuttle was supposed to depart Florida's Kennedy Space Center on Monday for its permanent museum home in Los Angeles. But stormy weather along the Gulf of Mexico nixed the plans.

NASA aimed for a Tuesday bon voyage but that ended up getting scrapped as well. Endeavour's departure is now set for Wednesday morning atop a modified jumbo jet.

THE ASSOCIATED PRESS

Newfoundland

New trial for dad in toddler deaths

A new trial has been ordered for a Newfoundland man convicted of drowning his twin daughters, age 3, in a lake. Nelson Hart was found guilty in 2007 of first-degree murder. On Monday the Court of Appeal ordered a new trial.

THE CANADIAN PRESS

Two new ads

Romney fights to regain ground

Mitt Romney is attempting to get back on solid footing amid reports of bitter infighting at his headquarters as Barack Obama edges past his Republican rival nationally and in several swing states.

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2 million iPhone 5s ordered on first day

In stores Friday.

As demand exceeds initial supply, some devices are scheduled for delivery in October

Orders for the iPhone 5 topped two million in the first 24 hours after Apple started taking them at midnight Pacific time on Friday. That's more than double the number of iPhone 4S orders

on its first full day.

The company also says that while most preorders will be delivered on Friday, demand for the iPhone 5 exceeds the initial supply, so some of the devices are scheduled for delivery in October.

The iPhone 5 has a bigger screen — four inches measured diagonally — that allows room for another row of icons, and widescreen movies to fit better. The calendar will now show five days at a time

By the numbers

4

The iPhone 5's screen measures four inches on the diagonal, versus the 3.5-inch screen on previous models.

instead of just three. Previous iPhone models carried 3.5-inch screens. The phone is also thinner and weighs less than previous models.

The phone will be available at Apple stores in Canada on Friday.

Earlier Monday AT&T Inc. said it set a sales record for the iPhone 5, with customers ordering more of them than any previous iPhone model on the first day of orders and over the weekend.

Apple's stock added \$7 US to \$698.28 in morning trading after rising as high as \$699.54 earlier in the session.

THE ASSOCIATED PRESS



The new Apple iPhone 5 is displayed on Sept. 12 in San Francisco.

ERIC RISBERG/THE ASSOCIATED PRESS

August figures

New mortgage rules lead to drop in home sales

Home sales declined 5.8 per cent across Canada from July to August, the largest month-over-month decline since June 2010, according to the Canadian Real Estate Association.

Actual sales activity was down almost nine per cent in August over a year earlier, "providing the first clear indication that the recent changes to mortgage regulations aimed at cooling the market are working as intended," said CREA chief economist Gregory Klump. House prices remained relatively stable across the country, posting increases of just 0.3 per cent on a year-over-year basis.

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I am not what you'd call an exhibitionist.

I didn't grow up in an underpants-only kind of household. When changing for gym class, I would awkwardly

wrestle into my sports bra while still wearing a sweater on top (believe me, this is actually not impossible). To this day, the first thing I will do in an unfurnished apartment is hang curtains.

While I might have a bit of a prudish attitude when it comes to my own public nudity, it takes just the briefest moment of browsing online to realize that there are plenty of women out there who have no problem exposing a little skin.

Not their fault

To argue that Middleton made a bad choice to go topless or that she 'should have known better' is akin to saying that she got what she deserved. The idea that a woman should be publicly shamed for things she chooses to do in private that are then illegally captured by trespassing photographers is insane (hi, Kristen Stewart).

The magazine's editor-in-chief defended the images, claiming they weren't lewd, but a beautiful intimate series of a young couple in love. Of course, this "tasteful montage" argument might be easier to swallow if the photos weren't captured by slimy paparazzi stalking the royals during what should have been a very private moment.

While many people expressed outrage at this extreme violation of privacy, I was horrified to see just how many people took to Twitter and online comment sections to unleash a barrage of hostility towards the duchess for having the audacity to act like a normal 30-year-old woman on vacation with her husband.

Nipples? Gasp!

To argue that Middleton made a bad choice to go topless or that she "should have known better" is akin to saying that she got what she deserved. The idea that a woman should be publicly shamed for things she chooses to do in private that are then illegally captured by trespassing photographers is insane (hi, Kristen Stewart).

The violation of Middleton's privacy and the furious responses that followed contribute to the archaic yet persistent notion that, as women, our bodies, more than anything else, are for display, to be looked at by men, by other women and, evidently, by telescopic lenses emerging from the shrubbery.

Follow Jessica Napier on
Twitter @MetroSheSays



Kate Middleton GETTY IMAGES

These two decades have 22 minutes



JEFF HARPER/METRO

East Coast humour

This Hour Has 22 Minutes marks 20th anniversary

Shaun Majumder and Cathy Jones film a pre-recorded section of *This Hour Has 22 Minutes* against a green screen at CBC's Bell Road studio in Halifax. The show is celebrating its 20th anniversary, which premieres Tuesday.

For Majumder, striving to "take the piss out of our own culture" will always be an important role for Canadian

comedians.

It's what the Gemini Award-winning actor sets out to do each week on the long-running CBC series that jeers Canadian politics and current events.

"We've got a perfect format to continue forever and ever, no matter how many people come in through the cast," said Majumder, who started on the show several years ago as a writer.

Some of the country's most highly acclaimed comedians have called the show home, including Rick Mercer, Colin Mochrie, Greg Thomey and Mary Walsh. **METRO**

Knee-slapping comedy

Rick Mercer makes for memorable TV

Who can forget the show's long-running Talking to Americans segment, where Rick Mercer set out to expose how little some Americans know about their Canadian neighbours.

Some truly memorable bits included getting Americans to congratulate Canada on legalizing VCRs or staplers.

Since its inaugural season in 1992, each show has been



Rick Mercer THE CANADIAN PRESS

written and produced within one week at the CBC building on Bell Road in Halifax.

Producer Peter McBain said 22 Minutes' East Coast home is important to its perspective on Canadian news. **METRO**



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tinue. Noooo, enough already! #yyyc #summerbegone

@BigOly11:

It always amazes me when I have a weekday off just how many people in this city don't work. #yyyc

@MaloriDV:

Why I love @UCalgary: A large selection of recently fallen leaves, crunchy as hell. #yyyc #kidaheart

@natkaos:

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2 SCENE

DVD reviews



The Cabin in the Woods

Director: Drew Goddard

Stars: Kristen Connolly, Chris Hemsworth, Anna Hutchison

To say *The Cabin in the Woods* isn't your average horror movie is like observing that King Kong isn't your average ape. Even when major plot twists are revealed — as the trailers do — there are so many others left, you have no reason to scream “spoiler!” That said, you don't want to know too much in advance about this feature directing debut of *Cloverfield* writer Drew Goddard. He shares screenwriting credits with fellow genre subverter Joss Whedon. Better you should be as naïve as are most of our five cabin-bound college kids, one of them played by a pre-*Thor* Chris Hemsworth. The film's internal logic may not stand up to close scrutiny, but the intent behind it is rock solid: a horror show that would have impressed even the ancient Greeks, both their warriors and their philosophers.

PETER HOWELL

On the web



Qriket

Keira Knightley to *Vogue*: I had no life besides acting.

Ode to TV: The shows that inspired the stars

Emmy Awards.

Nominees share their memories of television classics, from *Bonanza* to *MASH* and wanting to become a Huxtable

Long before Kevin Costner, Bryan Cranston, Christina Hendricks and Nicole Kidman were Emmy nominees, they were kids who loved watching TV.

“I liked *Man from Uncle* and *High Chaparral*,” Costner said.

“I really, really liked that when I was a kid.”

“I remember the transition from black-and-white to colour,” continued Costner, who is nominated as both star and producer of the TV movie *Hatfields & McCools*.

“It's like one by one the televisions in my neighbourhood became colour TVs and we would all go look at each other's colour TVs and ooh and aah at *Bonanza*. I'm kind of glad I saw it all, in a way. I remember the TV would shut off at 11 and just play the national anthem all night long.”

Cranston, who is nominated for his role on *Breaking Bad* — which won him the Emmy Award three years in a row, grew up on *The Andy Griffith Show*.

“I love the character of Barney: Classic comic character of the absolute confident man with no ability whatsoever. Always funny. The calm and comforting tones of Andy Griffith, who we lost recently,” the actor said.

“I think there was just something very sweet and comforting about watching



Nicole Kidman. THE ASSOCIATED PRESS

that show, and the simplicity of the lifestyle and a days-gone-by kind of thing.”

Hendricks, nominated for the third consecutive time for her supporting role in *Mad Men*, said her all-time favourites were *MASH* and *Northern Exposure*.

“Both of them had a sense of real community and camaraderie among the cast, a sense of friendship in this world that I remember responding to,” she said.

Mayim Bialik of *The Big Bang Theory* was also a *Northern Exposure* fan.

“They had every kind of possible character,” said the actress, who remembered watching the show while starring on *Blossom*.

“I would have loved to be anything on *Northern Exposure*, but mostly Rob Morrow's love interest. That would have been my choice.”

Kidman, a first-time Emmy nominee for her lead role in the TV movie *Hemingway & Gellhorn*, said she was raised on *The Brady Bunch* and *Bewitched*.

“Growing up in Australia, the mini series was such a big, big thing. It was something that launched my career because I did mini series in Australia,” she said.

“I did a thing called *Bangkok Hilton* and one called *Vietnam*, which was on the Vietnam War in the '60s and was a hugely rated show.”

“That was my big break, really, as an actor.”

Sarah Paulson, nominated for her supporting work in the TV movie *Game Change*, loved *Who's the Boss?*

“Angela and Tony were who I wanted to be when I grew up. I wanted to have

The Emmy Awards

The Primetime Emmy Awards will be presented on Sept. 23 at the Nokia Theatre and broadcast live on ABC.

that relationship,” she said. “I watched a lot of television growing up and they were like my surrogate parents. Angela and Tony. I loved ‘em.”

Jesse Tyler Ferguson, Maya Rudolph and Zooey Deschanel were all fans of *The Cosby Show*. Ferguson and Rudolph even dreamed of joining the family.

“It felt very familiar,” the *Modern Family* actor said, “and I wanted desperately to be a part of that family.”

Rudolph, nominated for hosting *Saturday Night Live*, said if she were to join the show, “I would have to be a fictional cousin, because I don't think they needed any more children.”

“I don't think the Huxtables needed any more children.”

“But, listen, if Denise needed a best friend to go shopping with, that's who I would be.”

Julia Louis-Dreyfus, a 14-time Emmy nominee and two-time winner, wants to bring back her favourite show from childhood: *Flipper*.

“Talking dolphin. How can you beat it?” she said.

“Well, sort of talking. It communicated. A dolphin who beats the bad guy every week.”

“I think we should redo that.”

“I think I'm going to pitch that. That's my new HBO show: *Flipper: Part II*.”

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Matchbox Twenty mix a little woods and a little wine in new LP

Nashville sessions. Booze-soaked recordings yielded some questionable tracks, but they didn't make the final cut

The recording process for Matchbox Twenty's new album was somewhat like living in a frat house — with tons of red wine instead of beer.

While creating North — and living together in Nashville — lead singer Rob Thomas jokes that the four-some “spent, like, \$40,000 on wine. Just on the wine.”

“At 5, 6 o'clock, we'd break for dinner and things would just go south,” Thomas, 40, said in a recent interview.

“And we would think it was awesome, everything we were doing was awesome, and we'd come back in and we would meet some new band out in the middle of Nashville and bring them back to the studio ... and play all this crap. I know they walked away going, ‘Dude, the new Matchbox Twenty record is going to suck!’”

None of those songs made it on the album North — which may be part of the reason it debuted at No. 1 on Billboard's 200 albums chart last week after selling 95,000 units, according to Nielsen SoundScan. The rockers re-

corded the album, their first release since the 2007 compilation album Exile on Mainstream, in New York, Los Angeles and “in the woods” of Nashville. They hadn't lived together since doing so when they recorded their 12-time platinum 1996 debut, Yourself or Someone Like You.

But they said reuniting felt “natural” and the musicians began writing material while Thomas toured his second solo album in 2009. Paul Doucette, the band's drummer, said they recorded more than 60 songs, and selecting the final tracks was tiresome. “We became really overwhelmed with the material and really the amount of different directions we (could) take with the material,” he said.

“Within those 60 songs there was an Americana record, there was a pop record, there was a rock record.”

Thomas added: “Not to mention you'd pass out and you'd wake up the next day and somebody would come in and be like, ‘I turned it into a ragtime record!’”

The Grammy-nominated band — which includes guitarist Kyle Cook and bass-

Tongue-in-cheek single

The album's first single, the lighthearted *She's So Mean*, is a departure for the rock band, best known for the hits *Unwell*, *3 AM* and *Bent*. “Our songs are lyrically a bit heavier and not as many tongue-in-cheek kind of songs, and it was kind of nice to come out with something that's not our typical (sound),” drummer Paul Doucette said of the Top 40 hit.

ist Brian Yale — said being in Nashville did influence their sound, though they ditched it toward the end: “We kind of decided that wasn't the record that we were making.”

One track, *Put Your Hands Up*, is an upbeat tune about a girl who wants to escape her tough week on the dance floor.

“The minute I wrote the line ‘Leave your heart out on the dance floor’ I'm like, ‘I'm going there! I'm going there,’” a smiling Thomas said, as Doucette laughed.

THE ASSOCIATED PRESS



Matchbox Twenty's new offering is called North. CHARLES SYKES/THE ASSOCIATED PRESS

Quoted

“We became really overwhelmed with the material and really the amount of different directions we (could) take with the material.”

Matchbox Twenty drummer Paul Doucette on whittling down the tracks

Carving out The Carpenter

Seeking solace. As Avett Brothers bassist watched his daughter fight brain cancer, he brought his strong emotions to music

When things were at their worst, music was a refuge for Avett Brothers bassist Bob Crawford.

Crawford has spent much of the last year caring for his daughter, Hallie, who is fighting brain cancer at the ever-so-tender age of 2. He was off the road and away from his band, travelling to and from St. Jude Children's Research Hospital in Memphis, Tenn., from their home in North Carolina.

Between the scans and the



The Avett Brothers. MARK HUMPHREY/THE ASSOCIATED PRESS

doctor's evaluations and the omnipresent worry, Crawford would sometimes slip away for a few minutes and pick up a fiddle.

“Just spending a half hour in a little room messing around on that thing (has) been some of my most relaxing moments over the past year,” Crawford

said.

“This whole affair has kind of put music back where it needs to be in my life and my heart.”

Hallie has improved enough for Crawford to rejoin the North Carolina roots rockers as they release their new album, *The Carpenter*, and launch a

fall tour. His daughter still has a long way to go, but she's doing well enough that he feels comfortable leaving her.

On the day of his interview, he had just wrapped up a wagon ride down the road with his daughter. Precious time.

“It is always a great thing. Always,” Crawford said in a phone interview.

“I tell you, you love your kids immediately as soon as they're born and you can't imagine a greater love than what you share for them. Then something happens or someone gets seriously ill, it heightens all the emotions and the joys get more joyful and the fears and sadness are even more stressful.”

The Rick Rubin-produced *The Carpenter* examines that full spectrum of emotions.

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122311	\$21,155	\$19,262	\$1,893
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120613	\$46,415	\$35,622	\$2,000	\$1,000	\$13,793
121723	\$46,685	\$35,842	\$2,000	\$1,000	\$13,843
121751	\$46,685	\$35,842	\$2,000	\$1,000	\$13,843
121774	\$46,685	\$35,842	\$2,000	\$1,000	\$13,843
121867	\$46,685	\$35,842	\$2,000	\$1,000	\$13,843
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121755	\$61,490	\$48,937	\$2,000	\$1,000	\$15,553
121855	\$61,490	\$48,937	\$2,000	\$1,000	\$15,553
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122151	\$38,365	\$34,658	\$3,707
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122115	\$39,820	\$36,060	\$3,760
121616	\$42,570	\$38,476	\$4,094
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122312	\$34,570	\$33,496	\$1,074
121875	\$34,610	\$33,570	\$1,040
122150	\$34,610	\$33,570	\$1,040
122188	\$34,610	\$33,570	\$1,040
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122002	\$36,270	\$35,158	\$1,112
122103	\$36,650	\$35,510	\$1,140
122290	\$37,175	\$35,940	\$1,235
122299	\$37,370	\$36,121	\$1,249
122363	\$37,715	\$36,546	\$1,169
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122295	\$41,995	\$40,607	\$1,388
SOLD!	\$42,040	\$40,649	\$1,391
122296	\$42,040	\$40,649	\$1,391
122301	\$45,685	\$44,018	\$1,667
122297	\$28,140	\$25,360	\$2,780
SOLD!	\$28,140	\$25,360	\$2,780
SOLD!	\$29,735	\$26,926	\$2,809
122337	\$36,485	\$35,330	\$1,155
122245	\$36,905	\$35,646	\$1,259
122292	\$36,905	\$35,646	\$1,259
122314	\$36,905	\$35,646	\$1,259
122304	\$37,100	\$35,827	\$1,273
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Chris Brown

'Warning: Do not buy this album! ...'

Chris Brown may have trouble moving copies of his new album, *Fortune*, thanks to one record store chain's interesting warnings.

At London locations of

HMV, copies of Brown's CDs have reportedly been affixed stickers that read, "Warning: Do not buy this album! This man beats women," according to Hollyscoop.

LuAnn De Lesseps is trying for a baby

LuAnn De Lesseps is so ridiculous I don't even want to waste my energy writing about her. But I will, as it is my sacred duty to you, my reading public. Apparently (and no way this can be real), the 47-year-old former *Countess* is getting IVF treatments along with her 37-year-old French boyfriend Jacques, the man whom she was just caught possibly cheating on while at a trip to St. Barts.

"We're moving forward. I'm going to try IVF," LuAnn says. She then makes a crack that Jacques thinks IVF means "Israeli Defense Fund." You sure you want to procreate with this dude, LuAnn?

"LuAnn is either trying to sell me on the story that everything is perfect or she's trying to sell herself," her co-star, Heather Thomson, said on a recent episode of *The Real Housewives of New York City* in a moment of surprising insight.

Or, you know, she's trying to sell a desperate, untrue plot point made up by a team of diabolical producers at Bravo. **DOROTHY ROBINSON**

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Even millionaires get the blues



THE WORD
Dorothy Robinson
scene@metronews.ca

Life is so hard for millionaire Miley Cyrus.

The starlet got a bit mopey the other night with a series of introspective (stoned?) posts to Twitter, causing fans to worry about her happiness.

"Ever feel like you want just ... something more? Not sure what exactly. Passion perhaps?" she tweeted.

"Sometimes I feel like I love everyone more than they love me. Hate that feeling. Maybe it's not that they love you less. They just love you the most they are capable of



loving." But Cyrus was quick to clear up any confusion over the state of her engagement to Liam Hemsworth, posting, "No, there is not trouble in paradise."

Anyone else read this and

picture Miley writing this while gazing wistfully out the window while a lone tear streaks down her face, coming to rest on her \$1,000 intentionally distressed Marc Jacobs sweater?



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Canada



Nicki Minaj

Minaj, Urban join Mariah Carey as Idol judges

The new lineup for the 12th season of American Idol is in place, with singers Nicki Minaj and Keith Urban joining already hired Mariah Carey. And original judge Randy Jackson — the only holdover from last season — will keep his spot on the panel. The news was announced on the reality show's Twitter account.

Urban had quit his gig as a judge on the Australian version of The Voice last week, prompting speculation that he had in fact signed on for "Idol." There's no word yet on what Minaj and Urban will be making, but chances are it won't be as much as Carey, who earns a reported \$16 million for one season of the show.

Lohan upset over fellow troubled starlet

Amanda Bynes has taken Lindsay Lohan's mantle as Hollywood's favourite troubled starlet — at least as far as getting into auto accidents is concerned — and Ms. Lohan isn't thrilled about it. Specifically, she's miffed that Bynes has apparently gotten off easier with law enforcement for her various vehicular infractions. "Why did I get put in jail and a Nickelodeon star has had NO

punishment(s) so far?" Lohan angrily tweeted over the weekend. But she may have spoken too soon, as Bynes was in hot water again Sunday. "I can confirm that Amanda Bynes was cited at approximately 8:20 a.m. Sunday for driving with a suspended license," a Burbank, Calif., police spokesman tells People magazine. "Her car was impounded and she received a misdemeanor citation."

Twitter



@SandraBernhard

the #x-factor watched it standing up just long enough to catch the tiny beiber look alike get much love from #britneyspears heart wrenching



@ParisHilton

Life only comes around once. So do whatever makes you happy & be with whoever makes you smile.



@JonahHill

Listening to Necro for the first time since high school while pulling an all Nighter on Wolf Of Wall Street. Starting to get loopy.



@SethMacFarlane

You kids don't remember, but once there were sitcoms about something other than gay guys.



Ben Affleck

Affleck balancing work, family life

Ben Affleck may like leading a large family — he and Jennifer Garner have three kids, and he's reportedly considering more — but he's still got work to do. "I don't want to be a stay-at-home dad. Work is very important to me," he tell Details magazine. "I like to work. So does my wife. But I need my work to mean something to me in order for me to not be home with them." That's

why Affleck is getting choosy with what film projects he takes on: "Anytime you think, 'I'm wasting my time here,' the first thought you have is 'I could go home and be with my kids,'" he says. "Now, you may go home and be with your kids and very quickly start thinking, 'I wonder what's on the work front?' Because running around after three kids is very trying."

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3
LIFE

Bust that BBQ bulge with these workouts

Summer is over. It's time to work off those extra steaks that you and friends chowed down on during the sunny months

MEREDITH ENGEL

Metro World News

As summer winds down, you're likely done trying to get your bikini body or Phelps-like abs. But that doesn't mean you should go hide in sweats for the next nine months. We enlisted Adam Rosante, celeb fitness trainer and founder of The People's Bootcamp, which offers pay-what-you-can classes in New York, to give us some moves to get you fit for fall.

Why these specific exercises? "(These) exercises target almost every single muscle in the body," Rosante says.

Perform each exercise for 40 seconds with 10 seconds of rest between each move. After you've completed all of them, that's one cycle. Rest for 60 seconds, then repeat. Perform the cycle three times. Be sure to keep your core tight throughout the entire workout.

Warm-up

Stay away from the long stretches, Rosante says.

"To just jump right into a long, static stretch is a good way to tear the muscle or fatigue it to a point where you then injure yourself during the workout. You just want to move around and really get the blood flowing. It creates pliability and elasticity in the muscles. Then afterwards, you get into that static, long stretch cool down. That will elongate those muscles and help prevent them from tightening up and becoming short and constricted, so you get a nice long, lean body."

What counts as a good warm-up? Jogging in place for 20 seconds, 20 to 30 seconds



Summer is over so it's time to get rid of that BBQ bulge. ISTOCK PHOTOS

Bird-dog push-ups

Start in a push-up position with your hands directly below your shoulders to begin with.

- **Exercise.** Perform a push-up. At the top of the motion, extend your right

arm and left leg to form a straight line from fingertip to heel. Return them both. Perform another push-up and repeat the arm and leg movement on the opposite side. Continue alternating for 40 seconds.

peat the move with the right hand. Continue, alternating for 40 seconds.

Scissor switches

Stand with your right foot forward and left foot back. Keeping your torso upright, lower yourself into a lunge until your left knee is bent and your right thigh is parallel to the ground. Jump up and scissor your legs mid-air to land down with soft knees in a lunge with your left foot forward and your right leg back. Continue alternating for 40 seconds.

Power kicks

Stand with your feet hip-width apart. Bring your fists up just below your chin. Now, open up the chest and pull the shoulders down the back. Alternate waist-high front kicks, springing softly from foot to foot so you're never on more than one foot at a time. Continue alternating for 40 seconds.

Push-outs

Start in a push-up position with hands directly below your shoulders. Perform a push-up. At the top of the motion, lift the left hand up and bring it out about a foot to the left on the ground. Perform another push-up with staggered hands. At the top of the motion, explode the left hand back to normal push-up position. Do another push-up. Re-

of jumping jacks and some torso twists.

"Anything you can do to get your body moving in a functional way," he says.

Power thrusts

Stand with feet hip-width apart. Squat until thighs are almost parallel to the floor, then place your hands on the floor in front of you. Kick your feet back to a push-up position. Immediately return your feet to the squat position and jump straight up as high as you can, reaching the fingertips up and bringing the knees to the

Best Health

How to boost metabolism



BEST HEALTH MINUTE

Bonnie Munday
Editor-in-chief
Best Health Magazine

Want to keep your body burning fat and calories all day long? In the October issue of Best Health magazine, on newsstands now, regular contributor Dr. Susan Biali offers 10 strategies for boosting metabolism. Here are four of them.

1. Enjoy coffee or green tea.

Your morning cup of joe gives your calorie burn a boost for up to two hours. Green tea is a powerful metabolism stimulator, too; drinking it frequently can help to accelerate weight loss.

2. Get enough sleep.

Less than seven hours of sleep a night messes with metabolism-regulating hormones. If you're sleep-deprived, you process carbs less efficiently, and that increases your risk of obesity.

3. Eat more protein.

A 2012 study found that people who ate more protein had a higher resting metabolic rate. Women often don't get enough, so have some lean protein such as fish, chicken or eggs with every meal and enjoy protein-rich snacks such as a handful of almonds.

4. Add chili peppers.

Capsaicin in chili peppers stimulates your nervous system and improves your metabolism after meals. Adding chili to foods also curbs your appetite, so you'll eat less. These benefits are maximized if chilies are eaten regularly, so find ways to spice up your life.

For the other six ways to boost metabolism, pick up the latest issue of Best Health, on newsstands now.

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Triathlete Paula Findlay falls in high-risk group for iron deficiency anemia. FRANK GUNN/THE CANADIAN PRESS

Triathlete Paula Findlay falls in high-risk group for anemia

Elite female athletes. Canadian Olympian talking about how her disease was overlooked in the lead up to London

The image of a sobbing Paula Findlay crossing the finish line in last place will be one of the most enduring of the London Olympics.

The distraught 23-year-old triathlete from Edmonton said she just "had nothing in my legs," which she now believes was largely the result of iron deficiency anemia.

Canadian sports medicine and nutrition experts say Findlay's health diagnosis isn't particularly surprising.

"Probably our highest risk group is the female elite endurance athlete," said Dr. Julia Alleyne, who's worked with Canadian athletes at five Olympic Games and is the medical director for Sport Care — the sports medicine clinic at Women's College

Facts

Women are more susceptible to iron deficiency anemia because of menstruation and because of their diet — they, on average, eat less red meat than men.

• **Symptoms.** Athletes are even more susceptible because iron is lost through both sweating and through the digestive

system during exercise. Iron is also lost through "heel-strike hemolysis," a process that sees red blood cells destroyed with each running step. Mild iron deficiency can be difficult to detect, said Alleyne, and many athletes don't show symptoms until the condition is moderate to severe.

Quote

"It is a simple but quite serious problem that likely had a huge impact on my race in London..."

Paula Findlay

Hospital in Toronto.

Findlay announced earlier this week she was cutting her season short due to iron deficiency anemia. She had hoped to make up for her heartbreak in London with a strong showing at next month's world championships in New Zealand before

recent blood work showed low levels of iron.

"Unfortunately the numbers came back with some of the lowest iron levels that the doctors had ever seen," Findlay wrote in a blog entry earlier this week. "It is a simple but quite serious problem that likely had a huge impact

on my race in London, and got overlooked because of the focus on healing my injury."

Anemia occurs when a person's blood contains insufficient red blood cells, which carry oxygen to tissues. Symptoms include fatigue, weakness, lightheadedness and mood changes.

"If you're iron deficient, it's more difficult to recover between hard intense effort, it's harder to clear lactic acid, there's not as much oxygen in the blood, which would affect endurance," said Kelly Anne Erdman, a dietician and former Olympic cyclist.

Findlay's diagnosis was more bad news for the former world No. 1 triathlete. A hip injury that had plagued her for a year limited her to just six weeks of quality training before the Games. She had hoped to build on those few weeks and salvage 2012.

Now Alan Trivett, director of Triathlon Canada, is investigating how Findlay's condition wasn't discovered by doctors ahead of the London Games.

THE CANADIAN PRESS

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Weight loss doesn't just come from exercise; proper sleep plays a key role

New health study. Inadequate slumber, as well as fatigue influences body weight in several ways, says study authors

Cutting calories and increasing physical activity aren't the only factors when it comes to losing weight and keeping it off.

Scientific studies are increasingly pointing to the role sleep — or the lack of it — plays in maintaining a healthy body weight.

A new commentary in the Canadian Medical Association Journal suggests inadequate sleep influences body weight in at least a couple of ways.

The article notes that people who don't get enough sleep tend to eat more at night, which undermines efforts to control one's weight or to diet.

As well, fatigue affects lev-



Physical activity isn't the only factor in losing weight. Studies show now that proper sleep plays a role in weight maintenance. FLICKR: TOBYOTTER

els of key hormones that help the body regulate hunger.

The authors suggest people should be mindful of their sleep patterns and their potential to influence efforts

to lose weight or to maintain a healthy weight.

"We know that short sleepers in general feel more hungry. And when we restrict calories in the diet of short

sleepers, we know that if we already feel more hungry and you cut calories, hunger plus hunger means very hungry," says Jean-Philippe Chaput, one of the authors of the

commentary.

Chaput is a specialist in preventive medicine, working on obesity in children at the Children's Hospital of Eastern Ontario, in Ottawa.

Quote

"We know that short sleepers in general feel more hungry."

Jean-Philippe Chaput
Study author

"If they want to lose weight, of course at some point they will need to cut some calories," he says.

"But if they don't take into account their sleeping patterns, they might fail. They have more chances to fail over the long term."

Still, the situation isn't as simple as saying everyone with a weight problem ought to sleep more, Chaput says.

"We know that obesity is very complex. It isn't one-size-fits-all," he says.

"People gain weight for different reasons. It's not always an increase in food intake. It can be stress. It can be depression. Genes. Different factors."

THE ASSOCIATED PRESS

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Experts approval

Health Canada releases bladder cancer drug ImmuCyst, says no contamination

Health Canada has cleared for release one lot of the bladder cancer treatment ImmuCyst, a product that was being held from the market due to unrelated problems at the drug's production plant.

The lot contains 1,500 doses for patients across the country, Health Canada said in an advisory on Friday of

last week.

The federal department released lot No. C4040AA after a review by its experts determined there is no direct evidence of microbial contamination in the product.

Earlier this year, Health Canada said an inspection of the Sanofi Pasteur plant in Toronto found mould in the manufacturing area of the building where ImmuCyst is made.

The contamination problem was related to flooding that occurred there last October. There have been no reports of infection that might have been caused

by contamination, Health Canada said in their report on Friday.

Patients who receive ImmuCyst are under medical supervision and any possible adverse health effects related to mould contamination would be picked up by their health-care practitioners.

Sanofi Pasteur is temporarily suspending manufacturing in order to renovate the facility.

Patients and health-care providers are advised to contact Sanofi Pasteur toll-free at 1-800-268-4171 for any updates on product availability.

THE CANADIAN PRESS

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This recipe serves four. RYAN SZULC, FROM REISMAN'S FAMILY FAVOURITES (WHITECAP BOOKS)



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This is the salad to make when corn is at its ripest.

I always look for small white and yellow kernels on cobs that have been picked that day if possible.

You'll have to go to a local farmers' market. It's well worth the trip.

If you want to make this salad year round, buy canned or frozen corn niblets and sauté about 2 cups in a skillet just until browned.

1. Lightly coat a grill pan with cooking spray and set over medium-high heat, or heat your barbecue to medium-high heat. Grill corn cobs about 5 minutes, or until corn be-

Nutritional analysis

Per serving

159 calories; 4 g protein;
17 g carbohydrates; 2.9 g fibre; 9 g fat; 1 g saturated fat; 0 mg cholesterol; 168 mg sodium

gins to brown. Using a sharp knife, slice the niblets off of the cobs and place in a bowl.

2. Add red onion, roasted red pepper and basil to corn and stir to combine.

3. To prepare dressing, whisk olive oil, cider vinegar, jalapeño, garlic, salt and pepper. Pour dressing over salad and toss to combine. **ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)**
BY ROSE REISMAN

Ingredients

Salad

- 3 fresh cobs of corn
- 1/2 cup diced red onion
- 1/2 cup diced roasted red pepper
- 1/2 cup chopped fresh basil

Dressing

- 2 tbsp olive oil
- 1 tbsp apple cider vinegar
- 1 1/2 tsp finely chopped jalapeño pepper
- 1 tsp finely chopped garlic
- pinch of salt and pepper

Health Solutions

Better ways to sweeten up



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Our bodies are not meant to process the intense sweetness of processed sugar. They are made to pull out the natural sugars that come along with other nutrients like the minerals in fruit and the fibre in whole grains.

If we remove the minerals and fibre, the pancreas goes into overdrive and chugs out more insulin than the body knows what to do with. What you really want to do is reduce the amount of sugar in your diet overall.

Then you want to change the type of sweetening to be sure that if you are eating it, it at least offers some other benefit.

Here are the better ways to sweeten up.

- Unpasteurized honey has antimicrobial and

antibacterial qualities that have been shown to soothe coughs and sore throats.

- Pure maple syrup (not artificially flavoured brands) contains trace minerals.

- Stevia is a no-calorie sweetener derived from an herb.

The trick is to train your taste buds to need less and less over time. Along the way, try choose something that offers even a little bit more than sweetness.

THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



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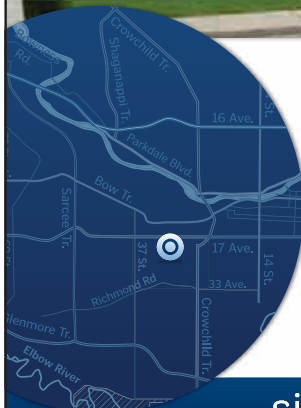
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OCTOBER POSSESSIONS



Grated carrots take the lead in simple salad

Refreshing and simple, this Grated Carrot Salad with Dates and Pistachios is a great and healthy end-of-summer dish.

Shredded carrots are wonderful in a salad. All they need is some Middle Eastern flavouring — paprika and cumin — and a spritz of lemon to balance their natural sweetness. Enhance this basic line-up with a little honey and chopped dates.

1. In skillet over medium-low, heat oil. Add cumin seeds and cook, swirling pan occasionally, until they turn a shade darker and become fragrant, about 4 minutes. Remove the pan from the heat and stir in the paprika and the honey. Let the mixture cool to room temperature.

2. Meanwhile, coarsely grate the carrots, preferably using the coarse grating disk on a food processor. In a large bowl, toss the carrots with the cooled oil-cumin mixture, the dates, lemon juice, pistachios and salt, using your hands to incorporate the dates. Stir in the mint just before serving. **THE ASSOCIATED PRESS/ SARA MOULTON OF TV'S SARA'S WEEKNIGHT MEALS AND AUTHOR OF THREE COOKBOOKS, INCLUDING SARA MOULTON'S EVERYDAY FAMILY DINNERS.**



This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 3 tbsp extra-virgin olive oil
- 1 tsp whole cumin seeds
- 1 tsp paprika, sweet, hot or smoked, or a combination
- 1 tsp honey
- 1 lb carrots
- 1/4 cup chopped pitted dates

- (about 4 whole)
- 2 tbsp fresh lemon juice
- 1/3 cup shelled natural pistachios, walnuts or almonds, chopped
- 1/2 tsp kosher salt
- 1 tbsp shredded fresh mint

Single? It may be unhealthy for you

Study. Researchers in Sweden find that single men are least likely to believe they could influence their own health

CELIA MILNE
For Metro

Ever noticed single men don't seem to care about their health? It's not your imagination.

A large study in Sweden has found that men who don't live with a mate are less likely to believe they can influence their own health. As a group, they are less motivated than others.

Researchers studied 28,198 men and women between the ages of 18 and 80 to find out whether they possessed a social factor called "internal health locus of control" which essentially means a belief that your behaviour influences your health. They found 33.7 per cent of the men and 31.8 per

cent of the women lacked internal health locus of control.

Single men living alone were the least likely to believe they could influence their own health through things like eating a healthy diet, exercising regularly, not smoking and keeping alcohol consumption under control. Men and women who were widows also scored fairly low on the tests.

Yet these healthy behaviours are known to help prevent cardiovascular disease, diabetes and some forms of cancer.

"Marital status affects health locus of control," says Martin Lindström, a professor of social medicine at Lund University in Malmö, Sweden.

He believes this finding is important for policy makers as they design messages to promote healthy behaviour.

While the study was conducted in a Swedish population, it may be applicable to Canada.

"Health promotion should particularly consider some marital status groups," he added.



OK there Columbo, you know smoking is bad for you, right? ISTOCK

Advice

Elevator etiquette



CHARLES THE BUTLER
askcharles@thebutler.ca
metronews.ca
For more, visit
charlesmacpherson.com

When in an elevator at the office or home, have you ever pushed the 'close the door' button while someone was coming toward you, or do you always hold the elevator door open for them?

If truth were told, of course I have pushed the 'close the door' button in the past, but I actually make an effort to hold the door for people, as I am always

appreciative when others do that for me.

The few times I have pushed the 'close the door' button is when someone is very far away down the hallway and I'm running late for a meeting. But while we are on the topic of elevators, here are a few of my own pet peeves.

1. People who talk on their cellphone while in the elevator
2. Not stepping out of the way, or even out of the elevator, when others are trying to get out.
3. Parents who allow their kids to push all of the buttons thus forcing the elevator to stop at each floor.
4. Jumping the line to enter the elevator when people are waiting.



This elevator sign should include the words 'No cellphones.' ISTOCK

Why family mealtime matters

LINDA CLARKE
For Metro

Apart from providing an opportunity to bond over a meal, sitting down in a semi-formal setting around a table and sharing discussion can prepare children for school group settings and enhance social skills.

"It provides a model for socialization during eating. It can teach children manners and they learn how to have a conversation," says Jessica Hoffman, PhD, an associate professor in the department of counselling and applied educational psychology at Bouve College of Health Sciences at Northeastern University in Massachusetts.

"It's an opportunity for children to expand their vocabulary and speech skills," she continues. "When children listen to parents and older siblings talk about their day, or items in the news, it helps develop language skills and to develop critical perspectives."

Having family dinners also provides parents with an additional tool to keep a check on their children's progress at school, and can be an important daily link to their children's classroom.

"Family dinnertime is an opportunity for parents to monitor what's going on in

Studies show...

- Research in The American Academy of Pediatrics found that kids who have regular family dinners experience a lower incidence of obesity.
- Columbia University's National Center on Addiction and Substance Abuse found that kids who eat family dinners get better grades in school and are less likely to try drugs or alcohol.
- A recent data review by Rutgers suggests that family dinners can boost produce consumption and reduce feelings of depression in teens.

THEKIDSCOOKMONDAY.ORG



Children can improve many skills when they assist their parents with cooking. ISTOCK

family. But be realistic — it's OK if schedules don't allow for togetherness every night.

"It doesn't have to be all-or-nothing," advises Hoffman. "Do it as often as you can without stressing about it — but the more family dinners you share, the better."

Hoffman advises getting children involved in preparing a meal, too.

"There are so many skills that cooking helps improve. There's math involved in measuring and fractions. You're dividing for recipes and calculating amounts. There's reading and learning how to follow directions. There's sequencing and coordination. Plus, kids are more likely to eat what they have helped cook."

their children's lives and spot any possible academic problems," adds Hoffman.

But if the matter is a personal one, it's best to discuss it in private.

"Conversation should always be kept in a family context and be sensitive to who is there. Explosive topics should be kept for one-on-one situations," she says.

Putting family dinners on the schedule also provides structure for you and your

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Get ahead this holiday season by planning ahead



The vicious cycle of debt can be broken if you take the time to plan ahead. ISTOCK IMAGES

Alison's Money Rule. Plan now to break habit of overspending during Christmas



YOUR MONEY
Alison Griffiths
money@metronews.ca

Good news! The Canadian Payroll Association's annual survey found that fewer of us would be in financial difficulty this year if a pay cheque was delayed — 57 per cent compared to 47 per cent in 2011.

Now for the bad news! The fact that nearly half of all Canadians would still face severe problems, coupled with record family debt loads spells trouble. It means that any financial emergencies (and life does throw them at us) would have to be paid through greater debt.

The vicious cycle of debt can be broken. But in order to get ahead you have to plan

ahead.

Take the holiday season, for example. Canadians spend about \$600 to \$800 on gifts and that much again on food, decorating and entertaining.

Surveys show that Canadians want to spend less but lack of planning and last minute shopping keep tipping us over budget.

There are 14 weeks until Christmas. You'll cut your holiday spending drastically if you create a plan.

1. Go light on the list

Do your holiday list right now and slash it by half, at least. Cards, letters and phone calls are a wonderful substitute.

2. Re-gift

Ten per cent of Canadians give presents they know that the recipient won't like. Go through your house and see what you can find.

Also, create a re-gift box and add to it throughout the rest of the year.

3. Use points

Cash in loyalty points for mov-

In numbers

30%

Thirty per cent of Canadians do most of their holiday shopping in the 10 days before Christmas.

ie coupons or gift certificates.

4. No gift zones

Extended family members might be happy not to get a present if they don't have to give one.

Also have your kids make cards for teachers, coaches, tutors, etc. They'll appreciate the effort more than a drug-store soap set.

5. Go with gift baskets

Plan them now and add items during sales. It is actually very enjoyable if you aren't stressed and doing it last minute.

Three years ago a beloved dog died and a friend dropped off a basket with winter greenery, homemade jam and a couple of biscuits to cheer up our other dog. Perfect.

Hacked! Learn some anti-fraud practices



FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

While on a fabulous European vacation last week, my social media accounts were hacked. The fraudster used a free 'secure' Wi-Fi zone at my hotel to pry into my private information.

Unfortunately, hundreds of fake emails and direct messages were sent out under my name and my business VISA account was compromised before I became aware of the issue.

I always take careful precautions to protect my private information, but I've learned from this experience that I need to step up my anti-fraud efforts.

Hands down, the best way to protect against fraud is to prevent it from happening in the first place using common sense and adopting some anti-fraud best practices.

Use secured wireless networks when you access the Internet. I could have potentially prevented my fraud ex-

perience by avoiding signing into my accounts while on an unfamiliar server.

I also made the mistake of not logging off my accounts immediately when I was finished. When I reported my fraud, the very first thing I had to do was reset my passwords and make them more complex. As a best practice, change your passwords regularly (every few months). Ensure the password is difficult for fraudsters to guess and contains a combination of numbers and letter.

Filter out bogus emails and phone calls. If you receive unsolicited email requests for information or even to click on an unfamiliar link, verify the message and sender using a third party unrelated to the message.

If you don't recognize a phone number, don't pick it up. Legitimate people will leave a message. When shopping online, ensure payment websites are secure. If you're not sure it is, call the company that makes the product directly and talk to customer service manager.

Last, check your credit score at least once a year to see that there are no errors or items you don't recognize.

If you discover a problem, contact the credit bureau immediately and bring in law enforcement if you believe you've been defrauded.

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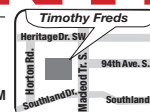
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GET INVOLVED

MAKE THE MOST OF STUDENT LIFE WHILE ON CAMPUS

Whether you live in residence or on your own, a great part of university life can happen on campus. But how to ensure you make the most of it?

Marlene Gross, manager of services for new students at Concordia University, says start with a full tour of campus. If you don't do it now, you might spend your entire academic career in your one corner of campus. "It really gives you a full feel of the university," she says.

Sarah Morris, assistant director of student services at Saint Mary's Univer-



HEMERA/THINKSTOCK

sity, says orientation events are a good first step. "It's a great way to meet new people. Saint Mary's has (people from) over 90 countries on campus so it's a great way to see what the world is all about and stay home at the same time."

SMU also hosts a Society Expo for the more than 60 groups on campus, as well as a volunteer fare; both are excellent ways to extend your social network. At many schools you will already be paying for gym membership, or have a discounted price, so find out to what you are entitled.

Mitchell Miller, student life co-

ordinator at McGill University, says organizations such as the Student Society of McGill University can connect you to hundreds of societies and clubs, from charities and social activism to commerce and mentoring programs with older students. Faculty and departmental clubs will give you a chance to find study buddies.

Campus life can also be a good way to try potential careers. McGill has a campus radio station, CKUT, for those interested in broadcasting.

"Student life is a really important way to get involved in it," he says.



BANANASTOCK/THINKSTOCK

Student newspapers are another way to gain writing experience, and to go to fun events. Mitchell says he was a very involved student and it paid off. "The skills it helped me build are so helpful now in my career path," he says. "It really increases your social circle."

Marlene Gross cautions that your workload in September is probably the lightest it will be all year, so be careful not to over-commit to extracurricular activities. Get an agenda and mark out your fixed items like classes, study time and work shifts, and then think about what else you can manage.

"It's all about balance and time management. It's important to get involved, but not to skip classes," she says.

— Jon Tattrie

CELEBRATE MILESTONES ON YOUR LAW JOURNEY

REACH YOUR GOAL WITH U OF T ITLP

The University of Toronto's Internationally Trained Lawyers Program (ITLP) recognizes the challenges facing internationally trained lawyers trying to adapt to Canadian legal practice. It's not just a matter of study and dedication — it also means adjusting to a new home, a new culture, and different ways of thinking.

That's why the ITLP encourages you to celebrate each milestone in your journey to accreditation, no matter how long that journey takes. And it provides you the academic and professional tools you need to reach your goal.

Caribbean-born Keisha-Ann Shaw Hill was a mom with a newborn when she started the program. Now she practises real estate law full time. "It's very exciting," says Shaw Hill. "I don't feel like I am just starting out as a new lawyer in Canada."

Mehreen Alavi is another successful graduate. Already called to the bar in



Mehreen Alavi, centre.

UNIVERSITY OF TORONTO PHOTO

England, Wales, and Pakistan, she has since interned with Torys LLP, articulated at Stikeman Elliott, and will be called to the Ontario bar this month.

Gurpreet Shergill appreciated ITLP's class format. "Group discussions and suggestions by professors and TAs on how to prepare for exams were very helpful," he remembers.

Students in the ITLP must be Canadian citizens, permanent residents, or convention refugees, and must have completed a law degree in their home country.

Phone 1-416-978-6770 or visit itlp.utoronto.ca to learn more.



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GET ON HEALTH-CARE FAST TRACK AT SAIT

The opening of a new south Calgary hospital will offer increased access to health care. And with more patients come more jobs.

The School of Health and Public Safety at SAIT Polytechnic can get you on the fast track to careers in health.

Students in SAIT's sterile processing technician, health information office assistant, medical laboratory assistant, and pharmacy assistant programs can choose between a September or January start, and will graduate in five short months.

"Now is a great time to take advantage

of the growing employment opportunities in health care," says Sonja Chamberlin, academic chair in the School of Health and Public Safety. "SAIT graduates are in high demand. Our fast-track programs give you the specialized training you need to find a great career and start working quickly."

Graduates find jobs in both private and public health-care facilities.

SAIT also offers many more certificate and diploma programs in health technologies, information management, and training for wellness professionals that range in length from five months to three years.

Career options can also be very flexible, with part-time options, flexible hours, and even the opportunity to work from home in some professions.

At SAIT, you will receive practical, hands-on training to prepare you for employment in health-care systems in Alberta, Canada and internationally.

It's important to research your chosen career before committing. Take the Find Your Fit quiz at findyourfit.ca.

To apply for programs starting in January 2013, visit sait.ca. For more on these programs, call 403-284-8500.

ROBERTSON IS COMMITTED TO STUDENTS

Expand your knowledge and grow your education at Robertson College.

Growing to fit student needs, Robertson College is expanding its campus and adding new programs to its list of course offerings.

"Robertson College is committed to providing the best programs and the best learning environment that is available for its students," says Keith Kristalovich, campus director, Robertson College Calgary.

"This recent expansion and upgrading

of facilities and equipment allows the college to continue to make this commitment to our students."

In addition to three new classrooms, the campus has been completing upgrades to its existing classrooms, equipment, and pharmacy labs to ensure it is providing a state-of-the-art learning environment with up-to-date equipment for its students.

Robertson College has also recently expanded its program offerings to include health unit clerk, accounting payroll administrator, medical office assistant, and

administrative professional bookkeeper.

And to complete the list of exciting changes at Robertson College, the campus has just completed a program review and has upgraded its program curriculum for its veterinary office assistant program

"Everyone's journey to success takes its own path and our instructors, career counsellors and staff are there to make sure you find your way there whether in the classroom or through our online college," says Kristalovich.

For more, visit robertsoncollege.com.



ROBERTSON COLLEGE PHOTO



Your time is now!

The Internationally Trained Lawyers Program (ITLP) helps internationally trained lawyers and internationally educated law graduates to become accredited and licensed in Canada.

Upcoming programs include:

- 2012-13 ITL Career Program
- Fall 2012 Bar Exam Prep Course
- Fall 2012 NCA Challenge Examination Review Program
(online participation available)
- 2013-14 Comprehensive Program

Fall 2012 Open House & Information Sessions:

University of Toronto Faculty of Law

September 14 2-4 pm EST (78 Queen's Park)	October 16* 6-8 pm EST (84 Queen's Park)	November 22* 10 am-12 pm EST (84 Queen's Park)
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*Online participation available for some sessions. Contact the ITLP for details.

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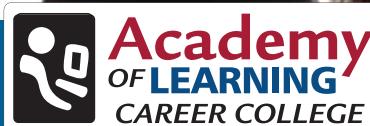
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GRADUATE QUICKLY WITH TRAINING FROM ACADEMY OF LEARNING

Celebrate the 25th anniversary of Academy of Learning with the gift of education. If you missed the September intake at other institutions, Academy of Learning has you covered.

"Even though you may feel like you've missed the September boat at traditional, semester-based schools, with our continuous intakes we can get you started right away," says Brady Sylvester, admissions adviser for Academy of Learning.

"Where other colleges might have you waiting until next September, if you enrol in an Academy of Learning program today, you could be done by next September and end looking for work."

Academy of Learning offers career training in the main areas of health care, office administration, accounting, IT, and web design.

By offering enrolment each week, year



ISTOCKPHOTO/THINKSTOCK

round, students will not have to wait until the next semester or worry about waiting lists. And with their finger on the pulse of the current labour market, Academy of Learning offers the programs employers are looking for.

"Ninety-seven per cent of graduates from the 2011-2012 academic year found jobs in the areas they trained for," says Sylvester.

Academy of Learning is a business and career college that offers diplomas in a number of fields in less than a year.

At Academy of Learning, a one-year program is equivalent to a normal two-year program at a semester-based college.

"It's never too late to enrol at Academy of Learning," says Sylvester.

For more information, visit academyoflearning.ab.ca.

RUPERTSLAND HELPING MÉTIS REALIZE POTENTIAL

Knowing first hand the value of educational funding, Yvonne Poitras Pratt has turned her quest for education into a career at Rupertsland Institute to help other Métis students achieve higher education.

Through the use of endowments, or Métis Scholarship Awards, Métis people are able to achieve educational goals and dreams without the worry of heavy financial burdens.

"These endowments are supporting a new generation of Métis people in realizing their potential," says Poitras Pratt, PhD, associate director, Métis Education and Advancement, Rupertsland Institute, Métis Centre of Excellence.

In 1996, Poitras Pratt decided to head back to school as a mature student with three young children.

At that time, it became her job to seek out scholarships and awards to pay her tuition and only finds it fitting that she now helps others do the same.

"The endowments that we are creating give Métis students financial support to reach their goals as well as a feeling of community support in reaching their dreams," says Poitras Pratt.



RUPERTSLAND INSTITUTE PHOTO

"As one of Canada's three nationally recognized Aboriginal groups who have continually struggled to have their Aboriginal rights recognized, the Métis are increasingly pursuing education as one avenue to empowerment."

The Rupertsland Institute functions as both a training and education facility, as well as a research and development institution to deal with the gaps in Métis education.

On Oct. 3, Rupertsland Institute is pleased to be making an endowment announcement at the University of Calgary.

For more, visit rupertsland.org.

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TAKE A BITE OUT OF NEW MRU MAC COURSES

In the divide of Apple versus PC, Apple's popularity is not something that can be ignored.

With the ever growing popularity of Apple products, such as its line of computers, iPhones, and iPads, Mount Royal University has created a new line of programming to help students become more "Mac literate."

With an all-new Mac computer lab, students can take courses on how to use the Mac operating system and learn how to use Mac software such as iPhoto and iMovie.

Most programs are focused on personal development, but the lab will also be used in the publishing and web design professional certificates.

There is even a course on how to get the iPad working for you.

Through the iPads for teachers course, teachers can learn how to use iPads to enhance their teaching through the use of iPads.

To view a list of the new Mac courses, visit conted.mtroyal.ca/computers/mac.

BETTER UNDERSTAND LEED REQUIREMENTS

Expand your knowledge of LEED with the new certificate program being offered at Mount Royal University Faculty of Continuing Education and Extension this fall.

New to the lineup of LEED course offerings, MRU is now offering the LEED in practice certificate of completion.

"The LEED in practice certificate of completion takes students a step beyond understanding LEED requirements and assisting them in passing LEED credential exams, to how to actually implement specific LEED strategies on a project," says William Thompson, LEED AP BD+C ID+C O+M ND, principal, WT Green Building Consulting and instructor at Mount Royal University.

LEED (Leadership in Energy & Environmental Design) is a point-based rating system developed by the U.S. Green Building Council to evaluate "green" high-performance buildings.

"It has evolved over the past decade, both in terms of its rigour and scope — having expanded from primarily rating

PREP COURSE

Mount Royal offers three green building programs based on the LEED Green Building Rating System.

The LEED® green building strategies and green associate exam preparation course is aimed at those with little or no knowledge of LEED.

The building green with LEED®: new construction rating system course is ideally designed for those seeking to take the next step or to brush up on their knowledge.

new commercial/institutional buildings, to existing buildings, homes and neighbourhoods," says Thompson.

This program helps industry professionals currently working on LEED projects to save time and money on LEED certifications by understanding documentation, submission and review requirements.

"These courses at MRU assist profes-



MOUNT ROYAL UNIVERSITY PHOTO

sionals looking to go green with their projects learn from the collective experience of their instructors and classmates — hopefully helping them to remove many of the challenges and frustrations, and minimizing costly mistakes," says Thompson.

Students can opt to take all eight courses in the LEED in practice program, or just those that relate to their specific

discipline or interest.

"These courses will help professionals working on LEED projects better understand the requirements for some of those credits, so that they can better manage risk and fees, and deliver even better performing buildings to their clients," says Thompson.

For more on the LEED in practice certificate, visit conted.mtroyal.ca/greenprograms.

DOULAS HELP SUPPORT COUPLES DURING CHILDBIRTH

For the first time, the Faculty of Extension at Mount Royal University is offering the birth doula program, a new course that is the first step towards certification from DONA International.

Doulas support pregnant mothers before, during and just after the birth process.

"With approximately 18,000 babies born just last year in Calgary, there is a desire and demand for new parents to have the best labour and birth experience they can and this often involves hiring the services of a birth doula," says Jennifer McGuire, CD (DONA) DONA international approved birth doula trainer.



MOUNT ROYAL UNIVERSITY PHOTO

"Women want to become doulas because they love the idea of being able to support a couple during childbirth."

A birth doula offers physical, emo-

tional and informational support to the labouring couple.

This includes many hands-on comfort measures such as light massage and counter pressure, reassurance and the buildup of confidence in labouring woman and the education of the process.

"We do not, however, speak for the couple, give advice or opinions nor do we disrespect either any health-care provider be it nurses, doctors or midwives," says McGuire.

"We work as a team and help guide toward a safe and memorable experience."

The program has already proven to be quite well-received and plans to expand

the program will come in the future.

This course spans over three days, which includes the first day of childbirth education.

"One of the steps toward certification is being in attendance of a childbirth class as pregnant couples do," says McGuire.

"We offer this on Day 1 of the curriculum as an option to our participants to ease with the criteria to becoming a certified birth doula."

The course is DONA International Approved and meets all the requirements necessary for certification.

For more about the birth doula program, visit conted.mtroyal.ca/birthdoula.



TONGRO IMAGES/THINKSTOCK

FULFIL YOUR HEALTH-CARE DESIRES AT ABM

As one of the fastest growing private colleges in Calgary, ABM is offering students programs in some of the fastest growing industries in Alberta.

The field of health care is one that has seen steady growth in Alberta and students at ABM College in the health care aide program can help to create a better future for Albertans.

"Although the economy faces many changes, investments into the health-care industry will continue to grow exponentially, resulting in growth in job opportunities," says Dr. Mohammed Baten,

president and CEO of ABM College.

"The training provided by ABM College to its students will give them opportunities to fulfil their desire to help those with acute needs as well as discovering a career."

Students can choose to study either full or part time, depending on the student's scheduling needs.

This program offers classroom instructions along with extensive hands-on experience in the lab and on-the-job training (practicum) in well-known, established health-care facilities in Calgary.

This program also provides necessary

theoretical and practical knowledge to students to independently undertake tasks expected of a health care aide (HCA) in Alberta.

"The HCA program provides comfort, safety, and care for the well-being of those in the most vulnerable segment of our society," says Baten.

Besides health care aide, ABM also offers medical office assistant, massage therapy, accounting and payroll administration, and business administration courses.

For more about ABM College, visit abmcollege.com.

CHOOSE COLUMBIA FOR PROVEN BACKGROUND

By training to become an education assistant at Columbia College, students are choosing an institution with a proven background in producing educational assistants that are in demand in Calgary.

"We get great feedback from schools who have hired our graduates," says Felicity Foster, chair, human services professional department at Columbia College. "We have recruiters come twice per year to direct hire."

Columbia College's human services professional program has been successfully

training educational assistants since 1996.

At the certificate level, students will learn about human development and learning, different approaches to learning, how to assist in language arts and math, how school educational plans are developed for students, behaviour management techniques, basic concepts of psychology, sociology and understanding of people with disabilities.

At the diploma level, students will learn about ethics, social and cultural contexts, working with people with exceptionalities,

family systems, mental health and planning for inclusion.

"The Calgary Board of Education requires that we follow certain guidelines as per our agreement in terms of practicum placement and prefer students who have taken the diploma program as it broadens their knowledge base," says Foster.

Graduates of the diploma program may go on to be employed in education, social work, rehabilitation, and child and youth programming.

For more, visit columbia.ab.ca.



COLUMBIA COLLEGE PHOTO



SCHOOL OF HEALTH AND PUBLIC SAFETY

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Healthcare has exciting, rewarding and flexible career opportunities to fit your lifestyle. SAIT Polytechnic's School of Health and Public Safety is offering the following fast-track programs for January 2013.

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Train for the critical role of cleaning, packaging, sterilizing, storing and handling of sterile supplies and surgical instruments.

HEALTH INFORMATION OFFICE ASSISTANT

Gain the skills necessary to support a health care office, like medical office procedures, medical accounting, physician billing, patient scheduling and unit clerk duties.

MEDICAL LABORATORY ASSISTANT

Learn to collect, process, and prepare patient specimens, enter data, perform electrocardiograms, and carry out basic laboratory procedures.

PHARMACY ASSISTANT

Prepare for a career in a community-based retail pharmacy where you'll receive and prepare prescriptions, manage inventory and work with the public.

SAIT Polytechnic is also offering a PREVENTIVE DENTISTRY MODULE for dental assistants, beginning February 2013.

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- » A certificate program of one year or less
- » A college diploma or technical institute program for up to two years in length if the training results in an occupation designated as being in high demand
- » The financial contribution for eligible clients may include tuition, mandatory books and supplies and income support

Métis Scholar Awards are also available to students at a number of post-secondary institutions across Alberta. Contact Métis Training To Employment Services, or your school for more information on awards at:

- » Grant MacEwan University
- » NorQuest College
- » Portage College
- » University of Alberta
- » University of Lethbridge
- » NAIT
- » University of Calgary
- » Mount Royal University
- » Grande Prairie Regional College

For more information, contact:
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The Internet is full of websites offering advice about how one can land their dream job. For the person trying to sift through all of this information, it can be a disappointing process as relevant information can be difficult to find and the advice might not be very good.

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creative arts, engineering and science, culinary arts, IT, trades, medical and health, legal and professional, and more. As time goes on, this number will only continue to grow.

Career Bear is loaded with great content and in the coming weeks (and months), it will continue to add great general interest articles. Topics that have been covered recently include why you shouldn't stay in the same job for more than five years, the careers with the fastest salary growth, the best jobs for working moms, and the 10 hottest career options for the next five years.

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Mobile sports



Kriket

Questionable calls by replacement officials in Week 2 are not sitting well with players and coaches around the NFL. Some are fuming and others wonder if the league is concerned about the integrity of the game.



Former Canadiens players Mathieu Darche, left, and Steve Begin arrive for an informal training session at the Habs' practice facility on Monday in Brossard, Que. GRAHAM HUGHES/THE CANADIAN PRESS

Future uncertain for locked-out free agents

NHL. Work stoppage puts careers on hold and deters deals for unrestricted players

Two-and-a-half months after becoming an unrestricted free agent, Kenndal McArdle is still waiting for the phone to ring.

And with the NHL in a lockout, it's unlikely he'll be getting contract offers any time soon.

"(The long wait) is something that can be frustrating, because the unrestricted free agent market is a lot smaller this summer because of the lockout," said McArdle, a 25-year-old Toronto native who grew up in Burnaby, B.C.

"There's more worrying and more uncertainty in your life.

Quoted

"The current (unrestricted free agents) are in limbo because the first wave was signed and now everybody's waiting to see what the cap number will be."

Agent J.P. Barry

For a lot of us, hockey is our livelihood, and the uncertainty increases the amount of stress in your life. So it's been a long summer, to say the least."

McArdle is among a large group of unsigned players, young and old alike, who are waiting for the next collective bargaining agreement to determine where they will play.

Theoretically, McArdle and his contemporaries have time on their side and should be able to rebound from the lockout's impact on their careers — but

the older players do not.

McArdle spent 2011-12 with the Winnipeg Jets organization, suiting up for nine NHL games. Once considered a can't-miss kid, the winger is concerned the lockout will enable a new group of prospects to make their marks in the minors, and threaten his job security.

"It gives the young guys, or the guys that are coming up, another year to mature, another year to get ready, especially with the guys who will continue to play in the

American Hockey League," said McArdle. "It can help them to propel themselves up to the next level."

McArdle's agent Kevin Epp predicts there will be a "big rush" of signings once a new collective agreement is reached.

Clubs that are close to the old cap have delayed signings until the new financial framework is set. Consequently, many players and agents are in wait-and-see mode.

"It's funny when you talk to (players), because they only know what we tell them — and we don't know a lot if nobody (at the CBA negotiating table) is doing anything," Epp said.

"It's just (respecting) what history has shown us, and (understanding) how we have to be patient."

THE CANADIAN PRESS

MLB

Blue Jays looking into reported homophobic slur on Escobar's eye-black

The Toronto Blue Jays say they're looking into reports that shortstop Yunel Escobar played Saturday's game against Boston with a homophobic slur written in Spanish under his eyes.

Several pictures posted online show Escobar with the message written in his eye-black, a type of sticker players wear under their eyes to reduce the sun's glare.

The words under the 29-year-old Cuban's eyes were "TU ERE MARICON" which can be translated as "You are a f---t."

"The Toronto Blue Jays do not support discrimination of any kind nor condone the message displayed by Yunel Escobar during Saturday's game," the team said in a statement.

"The club takes this situation seriously and is investigating the matter."

THE CANADIAN PRESS

MLB

Red Sox put dent in fading Rays' playoff plans

Jacoby Ellsbury homered and drove in three runs, Aaron Cook stopped his five-game losing streak and the Boston Red Sox beat the sliding Tampa Bay Rays 5-2 on Monday night.

Tampa Bay, coming off a 1-5 road trip to Baltimore and New York, fell 5 1/2 games behind the AL East-leading Yankees. The Rays started play four games back of the Orioles — who were at Seattle later Monday night — for the second AL wild-card spot. THE ASSOCIATED PRESS

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New definitions of outstanding

Chris Williams of the Tiger-Cats and Argonauts star Chad Owens are making a serious run at bucking tradition for the CFL's outstanding player award. At nearly two-thirds of the way through the season, here's a look at the contenders for the CFL's individual honours:

THE CANADIAN PRESS

Photos by The Canadian Press and Torstar News Service



Outstanding player

Since 1980, quarterbacks have captured the outstanding player award a whopping 23 times. But so far this CFL season, it's Hamilton's Chris Williams (12 TDs with six on kick returns) and Toronto's Chad Owens (2,695 all-purpose yards) who've emerged as top candidates.

B.C. Lions QB Travis Lulay, who won last year's award, will be a contender in the West.

Outstanding Canadian

This is Stampeders tailback Jon Cornish's award to lose. The 27-year-old is looking to become just the fourth Canadian to lead the CFL in rushing and first since 1988 when former Simon Fraser star Orville Lee ran for

1,075 yards as a rookie with the Ottawa Rough Riders.



Outstanding lineman

He was the West Division finalist last year and B.C. Lions tackle Jovan Olafioye hasn't done anything to show he shouldn't be considered again. The six-foot-six, 325-pound Olafioye has helped a Lions line that's allowed a league-low 13 sacks despite injuries to key veterans.

Other potential contenders include Calgary's Dmitri Tsoumpas and Saskatchewan's Brendon LaBatte.

Outstanding special-teams player

This is Ticat Chris Williams' award to lose. He's averaging over 16 yards per punt return — which would be a CFL record if he maintained that mark — to go with five punt return TDs.

Calgary's Larry Taylor, like Williams a triple threat on special teams, would've been a contender in the West, but he's likely finished due to injury.



Outstanding defensive player

Edmonton's J.C. Sherritt is the front-runner for this honour. The sophomore linebacker has been dominant with a league-leading 93 tackles, 29 more than his closest rival. At this pace, he'll easily break Calvin Tiggles' CFL record of 129. Sherritt has three forced fumbles and two sacks.

Lions linebacker Adam Bighill (61 tackles) has also been solid while Eskimos defender Joe Burnett has returned two of his league-high five interceptions for TDs.

Outstanding rookie

Chris Matthews has been one of the few bright spots for struggling Winnipeg (2-9). The six-foot-five, 229-pound receiver has 51 catches for 749 yards and five touchdowns.

First-overall pick Ben Heenan opened the season starting for Saskatchewan but is now a backup.



Peyton Manning's 3 picks prove costly against Falcons



Robert McClain, right, of the Atlanta Falcons intercepts a pass thrown by Peyton Manning of the Broncos Monday in Atlanta. SCOTT CUNNINGHAM/GETTY IMAGES

NFL. Broncos QB's comeback attempt falls short after he's intercepted three times in first quarter

Peyton Manning kept throwing up wobbly passes.

The Atlanta Falcons kept picking them off.

Taking advantage of a stunning three interceptions in the first quarter, Matt Ryan and the Falcons built a big lead and held on for a 27-21 victory over the Denver Broncos on Monday night, an erratic effort by Manning that showed his comeback in the Mile High City is still a work in progress.

Ryan threw the 100th touchdown pass of his career, Roddy White had 102 yards receiving and the Falcons (2-0) made a 20-0 lead stand up, if just barely.

Willis McGahee scored on a pair of two-yard touchdown runs in the fourth quarter to give the Broncos (1-1) late hope. But, on third down, Ryan connected with Julio Jones on a six-yard pass for a crucial first

Monday's game

27

Falcons

21

Broncos

down with less than two minutes to go. They managed to run out the clock from there.

For Manning and the Broncos, it's back to the drawing board.

Even though his velocity is supposed to be nearly the same as it was before four neck surgeries and missing his entire final season in Indianapolis, Manning threw a number of passes that seemed to just hang in the air long enough for the Falcons to step in front of them. Other times, it looked as though he had to put everything he had on the ball to get it where he wanted, even if it wasn't necessarily a deep route.

He finished 24 of 37 for 241 yards, including a 17-yard touchdown pass to Demaryius Thomas just before halftime.

THE ASSOCIATED PRESS

CFL. Eskimos add some depth to offensive line

The Edmonton Eskimos shored up their offensive line Monday, agreeing to terms with Canadian-born lineman Matthew O'Donnell.

Edmonton acquired the six-foot-nine, 340-pound O'Donnell on Sept. 5 from the Saskatchewan Roughriders for receiver Greg Carr.

But the Eskimos will have to continue waiting for offensive lineman Austin Pasztor, who they took fourth overall in this year's CFL Canadian college draft. The six-foot-seven, 305-pound Pasztor, a native of Langton, Ont., who played collegiately at Virginia, joined the Jackson-

ville Jaguars practice roster Monday.

After being drafted by Edmonton, Pasztor signed as a free agent with the NFL's Minnesota Vikings but was released during training camp.

Saskatchewan selected O'Donnell, who played collegiately at Queen's, in the second round, 15th overall, of the 2011 CFL draft. However, the native of Comox, B.C., signed with the NFL's Cincinnati Bengals and spent the season on the practice roster before being released prior to the start of the 2012 campaign. THE CANADIAN PRESS

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MLB

AMERICAN LEAGUE

EAST DIVISION				
	W	L	Pct	GB
New York	83	63	.568	—
Baltimore	82	64	.562	1
Tampa Bay	78	69	.531	5½
Toronto	66	79	.455	16½
Boston	67	81	.453	17

CENTRAL DIVISION				
	W	L	Pct	GB
Chicago	80	66	.548	—
Detroit	77	69	.527	3
Kansas City	66	80	.452	14
Cleveland	61	86	.415	19½
Minnesota	60	87	.408	20½

WEST DIVISION				
	W	L	Pct	GB
Texas	87	59	.596	—
Oakland	84	62	.575	3
Los Angeles	80	67	.544	7½
Seattle	70	77	.476	17½

Monday's results
Chicago White Sox 5 Detroit 4
Boston 5 Tampa Bay 2
Baltimore at Seattle
Sunday's results
Toronto 5 Boston 0
Baltimore 9 Oakland 5
Chicago White Sox 9 Minnesota 2
Cleveland 7 Detroit 6
L.A. Angels 4 Kansas City 3
N.Y. Yankees 6 Tampa Bay 4
Texas 2 Seattle 1
Tuesday's Games — All Times Eastern
Minnesota (Walters 2-4) at Cleveland (D. Huff 1-0), 7:05 p.m.
Oakland (Griffin 6-0) at Detroit (Scherzer 16-6), 7:05 p.m.
Toronto (R.Romero 8-14) at N.Y. Yankees (Pettitte 3-3), 7:05 p.m.
Boston (Doubtront 10-9) at Tampa Bay (Hellickson 8-10), 7:10 p.m.
Chicago White Sox (Floyd 9-10) at Kansas City (Hochevar 8-13), 8:10 p.m.
Texas (Dempster 6-1) at L.A. Angels (Weaver 17-4), 10:05 p.m.
Baltimore (W.Chen 12-9) at Seattle (Er.Ramirez 1-2), 10:10 p.m.
Wednesday's Games
Minnesota at Cleveland, 7:05 p.m.
Oakland at Detroit, 7:05 p.m.
Toronto at N.Y. Yankees, 7:05 p.m.
Boston at Tampa Bay, 7:10 p.m.
Chicago White Sox at Kansas City, 8:10 p.m.
Texas at L.A. Angels, 10:05 p.m.
Baltimore at Seattle, 10:10 p.m.

AMERICAN LEAGUE LEADERS
BATTING—MiCabrera, Detroit, .330; Trout, Los Angeles, .329; Jeter, New York, .323; Mauer, Minnesota, .321; Beltre, Texas, .318; DavMurphy, Texas, .314; Butler, Kansas City, .310.
RUNS—Trout, Los Angeles, 116; Hamilton, Texas, 98; MiCabrera, Detroit, 97; Kinsler, Texas, 96; Jeter, New York, 93; AJackson, Detroit, 92; Beltre, Texas, 90; Cano, New York, 90; Granderson, New York, 90; AdJones, Baltimore, 90.
RBI—MiCabrera, Detroit, 123; Hamilton, Texas, 123; Willingham, Minnesota, 105; **Encarnacion, Toronto, 102**; Fielder, Detroit, 98; Pujols, Los Angeles, 96; Butler, Kansas City, 95; land, 37; NCruz, Texas, 37; AdGonzalez, Boston, 37.
HOME RUNS—Hamilton, Texas, 42; **Encarnacion, Toronto, 40**; ADunn, Chicago, 39; Granderson,

NATIONAL LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Washington	89	57	.610	—
St. Louis	85	63	.574	5
Philadelphia	74	74	.500	16
New York	66	81	.449	23½
Miami	65	83	.439	25

CENTRAL DIVISION				
	W	L	Pct	GB
Cincinnati	88	59	.599	—
St. Louis	77	70	.524	11
Milwaukee	74	72	.507	13½
Pittsburgh	73	72	.503	14
Chicago	58	88	.397	29½
Houston	48	99	.327	40

WEST DIVISION				
	W	L	Pct	GB
San Francisco	83	63	.568	—
Los Angeles	76	71	.517	7½
Arizona	72	74	.493	11
San Diego	71	76	.483	12½
Colorado	58	87	.400	24½

Monday's results
Atlanta 7 Miami 5
Philadelphia 3 N.Y. Mets 1
Pittsburgh at Chicago Cubs
Colorado at San Francisco
Sunday's results
Arizona 10 San Francisco 2
Atlanta 5 Washington 1
Chicago Cubs 13 Pittsburgh 9
Cincinnati 5 Miami 4 (11 innings)
Houston 7 Philadelphia 6
Milwaukee 3 N.Y. Mets 0
San Diego 12 Colorado 11
St. Louis 5 L.A. Dodgers 2 (12 innings)
Tuesday's Games — All Times Eastern
L.A. Dodgers (Harang 9-9) at Washington (Zimmermann 10-8), 7:05 p.m.
Milwaukee (Gallardo 15-8) at Pittsburgh (A.J. Burnett 15-7), 7:05 p.m.
Atlanta (Mahom 12-10) at Miami (Eovaldi 4-12), 7:10 p.m.
Philadelphia (Cloyd 1-1) at N.Y. Mets (Harvey 3-5), 7:10 p.m.
Cincinnati (H. Bailey 11-9) at Chicago Cubs (Germano 2-7), 8:05 p.m.
Houston (Abad 0-4) at St. Louis (Lohse 14-3), 8:15 p.m.
San Diego (Stults 6-2) at Arizona (I.Kennedy 13-11), 9:40 p.m.
Colorado (Francis 5-5) at San Francisco (Linccum 9-14), 10:15 p.m.
Wednesday's Games
L.A. Dodgers at Washington, 7:05 p.m.
Milwaukee at Pittsburgh, 7:05 p.m.
Atlanta at Miami, 7:10 p.m.
Philadelphia at N.Y. Mets, 7:10 p.m.
Cincinnati at Chicago Cubs, 8:05 p.m.
Houston at St. Louis, 8:15 p.m.
San Diego at Arizona, 9:40 p.m.
Colorado at San Francisco, 10:15 p.m.

New York, 39; MiCabrera, Detroit, 38; Willingham, Minnesota, 34; Beltre, Texas, 33.
STOLEN BASES—Trout, Los Angeles, 45; **RDavis, Toronto, 44**; Revere, Minnesota, 36; Crisp, Oakland, 34; BUpton, Tampa Bay, 30; AEscobar, Kansas City, 29; DeJennings, Tampa Bay, 27; Kipnis, Cleveland, 27.
PITCHING—Price, Tampa Bay, 18-5; Weaver, Los Angeles, 17-4; Sale, Chicago, 17-6; MHarrison, Texas, 17-9; Scherzer, Detroit, 16-6; Darvish, Texas, 15-9; PHughes, New York, 15-12.
STRIKEOUTS—Scherzer, Detroit, 220; Verlander, Detroit, 218; Darvish, Texas, 205; FHernandez, Seattle, 199; Shields, Tampa Bay, 193; Price, Tampa Bay, 181; Peavy, Chicago, 177.
SAVES—Rodney, Tampa Bay, 43; JJohnson, Baltimore, 43; RSoriano, New York, 40; CPerez, Cleveland, 43; Nathan, Texas, 33; Valverde, Detroit, 31; Wilhelmson, Seattle, 27; Reed, Chicago, 27.

CFL

WEEK 12

EAST DIVISION									
	GP	W	L	T	PF	PA	Pt		
Montreal	11	7	4	0	301	327	14		
Toronto	11	6	5	0	278	274	12		
Hamilton	11	4	7	0	341	347	8		
Winnipeg	11	2	9	0	203	365	4		

WEST DIVISION									
	GP	W	L	T	PF	PA	Pt		
B.C.	11	8	3	0	298	204	16		
Calgary	11	7	4	0	312	257	14		
Saskatchewan	11	5	6	0	284	234	10		
Edmonton	11	5	6	0	247	256	10		

Sunday's result
Montreal 28 Saskatchewan 17
Saturday's results
B.C. 28 Toronto 23
Hamilton 51 Edmonton 8
Friday's result
Calgary 44 Winnipeg 3
WEEK 13
Friday's game — All Times Eastern
Hamilton at Winnipeg, 8 p.m.
Saturday's game
B.C. at Edmonton, 7:30 p.m.
Sunday's games
Toronto at Montreal, 1 p.m.
Calgary at Saskatchewan, 4 p.m.

TRANSACTIONS

CFL

WINNIPEG BLUE BOMBERS — Signed DL Andre Carroll.

MLB

COMMISSIONER'S OFFICE — Suspended Cincinnati minor league LHP Mitchell Clarke 50 games for a second violation of the Minor League Drug Prevention and Treatment Program for a drug of abuse.
TEXAS RANGERS — Agreed to terms with RHP Colby Lewis on a one-year contract through the 2013 season.

National League
ST. LOUIS CARDINALS — Agreed to a two-year player development contract with State College (NYP).

NBA

BROOKLYN NETS — Signed G Stephen Dennis, F James Mays and F Carleton Scott.

NFL

CHICAGO BEARS — Signed TE Gabe Miller to the practice squad.
NEW YORK JETS — Signed WR Royce Pollard to the practice squad. Released WR Stanley Aukrow from the practice squad.
Canadian Football League

NHL

MONTREAL CANADIENS — Assigned F Alexander Aivtsin, F Alain Berger, F Michael Blunden, F Michael Bournival, F Gabriel Dumont, F Brendan Gallagher, F Blake Geoffrion, F Patrick Holland, F Louis Leblanc, F Philippe Lefebvre, F Joonas Nattinen, F Steve Quailer, F Ian Schultz, D Nathan Beaulieu, D Morgan Ellis, D Brendon Nash, D Greg Pateryn, D Joe Stejskal, D Jarred Tinordi, G Peter Delmas and G Robert Mayer to Hamilton (AHL).
SAN JOSE SHARKS — Assigned F Curt Gogol, F Freddie Hamilton, F Bracken Kearns, F James Livingston, F Jon Matsumoto, F Travis Oleksuk, F Brodie Reid, F Sebastian Stalberg, D Sena Acolatse, D Taylor Doherty, D Danny Groulx, D Matt Irwin, D Matt Tennyson, G Thomas Heemscker, G Harri Sateri and G Alex Stalock.

GOLF

PGA FEDEXCUP STANDINGS

		Points—Money YTD	
1. Rory Mclroy	7,299—\$7,842,192		
2. Tiger Woods	4,067—\$5,885,158		
3. Nick Watney	3,586—\$2,800,524		
4. Phil Mickelson	3,420—\$4,036,621		
5. Brandt Snedeker	3,357—\$3,549,739		
6. Louis Oosthuizen	3,167—\$3,320,195		
7. Dustin Johnson	3,097—\$3,188,060		
8. Lee Westwood	2,726—\$2,888,569		
9. Zach Johnson	2,576—\$4,326,804		
10. Jason Dufner	2,575—\$4,717,304		
11. Bubba Watson	2,377—\$4,340,997		
12. Sergio Garcia	2,043—\$2,342,916		
13. Steve Stricker	2,028—\$3,272,821		
14. Keegan Bradley	2,007—\$3,769,858		
15. Luke Donald	2,005—\$3,844,024		
16. Matt Kuchar	2,002—\$3,697,305		
17. Carl Pettersson	1,976—\$3,386,656		
18. Jim Furyk	1,966—\$3,079,805		
19. Bo Van Pelt	1,950—\$2,837,749		
20. Robert Garrigus	1,945—\$2,547,683		
21. Adam Scott	1,923—\$2,742,757		
22. Ernie Els	1,922—\$3,247,818		
23. Hunter Mahan	1,899—\$3,771,193		
24. Justin Rose	1,791—\$3,426,930		
25. Webb Simpson	1,782—\$3,332,758		
26. John Huh	1,640—\$2,490,013		
27. Rickie Fowler	1,600—\$2,925,493		
28. Ryan Moore	1,568—\$1,580,944		
29. John Senden	1,512—\$1,782,251		
30. Scott Piercy	1,499—\$2,375,630		
Did not advance to Tour Championship			
31. Kyle Stanley	1,492—\$2,351,857		
32. Bill Haas	1,471—\$2,349,951		
33. Vijay Singh	1,406—\$1,347,957		
34. Kevin Stadler	1,403—\$1,516,786		
35. Greg Chalmers	1,402—\$1,662,727		
36. Johnson Wagner	1,386—\$2,225,007		
37. Seung-Yul Noh	1,379—\$1,629,751		
38. Bud Kaizer	1,342—\$1,721,515		
39. Ian Poulter	1,280—\$1,715,271		
40. Tom Gillis	1,277—\$1,125,258		
41. Ben Curtis	1,230—\$2,416,473		
42. Graeme McDowell	1,222—\$2,408,279		
43. Padraig Harrington	1,213—\$1,546,272		
44. Jeff Overton	1,199—\$1,326,757		
45. Troy Matteson	1,190—\$1,198,953		

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Kansas City	28	15	7	6	35	25	51
Chicago	28	15	8	5	40	33	50
New York	28	14	7	7	49	40	49
Houston	29	12	7	10	41	34	46
D.C. United	28	13	10	5	45	39	44
Columbus	28	12	10	6	34	45	42
Montreal	30	12	15	3	44	49	39
New England	29	7	15	7	36	40	28
Philadelphia	26	7	13	6	26	31	27
Toronto	29	5	17	7	32	51	22

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-San Jose	28	17	6	5	58	33	56
Seattle	28	13	6	9	44	29	48
Real Salt Lake	29	14	11	4	38	33	46
Los Angeles	29	14	11	4	50	40	46
Vancouver	29	10	12	7	29	38	37
Dallas	30	9	12	9	35	38	36
Colorado	29	9	18	2	36	43	29
Chivas USA	27	7	13	7	21	43	28
Portland	28	7	14	7	28	47	28

Note: Three points for a win, one for a tie.

Wednesday's games — All Times Eastern

Kansas City at New York, 7 p.m.
Chivas USA at Columbus, 7:30 p.m.
Portland at San Jose, 10:30 p.m.

Thursday's game

D.C. United at Philadelphia, 8 p.m.

NFL

AMERICAN CONFERENCE

EAST						
	W	L	T	Pct	PF	PA
N.Y. Jets	1	1	0	.500	58	55
New England	1	1	0	.500	52	33
Miami	1	1	0	.500	45	43
Buffalo	1	1	0	.500	63	65

SOUTH						
	W	L	T	Pct	PF	PA
Houston	2	0	0	1.000	57	17
Indianapolis	1	1	0	.500	44	61
Tennessee	0	2	0	.000	23	72
Jacksonville	0	2	0	.000	30	53

NORTH						
	W	L	T	Pct	PF	PA
Baltimore	1	1	0	.500	67	37
Cincinnati	1	1	0	.500	47	71
Pittsburgh	1	1	0	.500	46	41
Cleveland	0	2	0	.000	43	51

WEST						
	W	L	T	Pct	PF	PA
San Diego	2	0	0	1.000	60	24
Denver	1	1	0	.500	52	46
Kansas City	0	2	0	.000	41	75
Oakland	0	2	0	.000	27	57

WEEK TWO

Monday's result
Atlanta 27 Denver 21
Sunday's results
Arizona 20 New England 18
Buffalo 35 Kansas City 17
Carolina 35 New Orleans 27
Indianapolis 23 Minnesota 20
Cincinnati 34 Cleveland 27
Houston 27 Jacksonville 7
Miami 35 Oakland 13
N.Y. Giants 41 Tampa Bay 34
Philadelphia 24 Baltimore 23
Pittsburgh 27 N.Y. Jets 10
San Diego 38 Tennessee 10
San Francisco 27 Detroit 19
Seattle 27 Dallas 7
St. Louis 31 Washington 28
Thursday's result
Green Bay 23 Chicago 10

SATURDAY'S GAMES

Kansas City at Montreal, 1:30 p.m.
New York at New England, 7:30 p.m.
Portland at Real Salt Lake, 8 p.m.
Columbus at Chicago, 8:30 p.m.
Toronto at Los Angeles, 10:30 p.m.
San Jose at Seattle, 10:30 p.m.
Sunday's games
Houston at Philadelphia, 5 p.m.
Chivas USA at D.C. United, 7 p.m.
Colorado at Vancouver, 7:30 p.m.

INTERNATIONAL SCORES

MONDAY'S RESULTS

ENGLAND

Everton 2, Newcastle 2

SPAIN

Valladolid 0, Real Betis 1

NASL

x-San Antonio	26	13	6	7	44	23	46
x-Tampa Bay	26	12	7	7	36	29	43
x-Puerto Rico	27	11	9	7	31	29	40
x-Carolina	26	10	8	8	43	45	38
x-Ft. Lauderdale	27	9	10	8	38	44	35
Minnesota	27	8	9	10	33	32	34
Atlanta	26	6	12	8	31	44	26
Edmonton	27	5	13	9	24	34	24
x — clinched playoff berth.							
Sunday's results							
Tampa Bay 3 Edmonton 0							
Carolina 2 San Antonio 1							

Horoscopes

Aries

March 21 - April 20

The only worry now is that so many things are going well for you that you take too much for granted and end up making some kind of silly mistake. Watch out for little things that might trip you up.

Taurus

April 21 - May 21

Act quickly if you have a good idea or see an opening that others appear to have missed. Pluto's positive influence means it's OK to be forceful when dealing with others, as long as you have a specific goal.

Gemini

May 22 - June 21

The current cosmic set-up will make it easy for you to find extra cash if you need it, but you've still got to make an effort. Yes, you might win the lottery but be reasonable, the chances are slim.

Cancer

June 22 - July 23

The planets indicate that whatever has gone out of your life over the past few months will be replaced by something infinitely better over the next few weeks. Think positive and positive things are sure to happen.

Leo

July 24 - Aug. 23

Steer clear of people who display negative attitudes, even if they are people to whom you are close emotionally. You have important things to take care of today, things that make a positive outlook a must.

Virgo

Aug. 24 - Sept. 23

With Pluto, planet of passion, turning direct in the area of your chart that governs affairs of the heart, this is the ideal time to let that special person know how you feel about them. Don't just say it — show it.

Libra

Sept. 24 - Oct. 23

Whatever happens today, be it good, bad or indifferent, you will handle it with courage and confidence. This is an especially good time to make decisions about family issues. Let your intuition guide your actions.

Scorpio

Oct. 24 - Nov. 22

No matter how well you think you are doing, you should be doing even better. Set your sights high and don't rest until you have realized your dream. You can't just sit back and let life come to you.

Sagittarius

Nov. 23 - Dec. 21

You may be tempted to take drastic measures to put right a financial issue that has been worrying you — and that's exactly what you should do. You have more to gain than you have to lose.

Capricorn

Dec. 22 - Jan. 20

Don't waste your precious time seeking other people's approval, just get on and do what needs to be done. Not everyone will agree with your aims, and fewer still with your tactics, but why do you care?

Aquarius

Jan. 21 - Feb. 19

As much as possible, try to convince others to go along with your plans rather than force them to do as you say. Just because you have the power to order people about does not mean you have to use it.

Pisces

Feb. 20 - March 20

You will perform miracles today. No matter how difficult the task you are faced with, you will find a way to make a success of it. Friends and rivals alike will praise you for a job well done. **SALLY BROMPTON**

Crossword: A Few PMs

Across

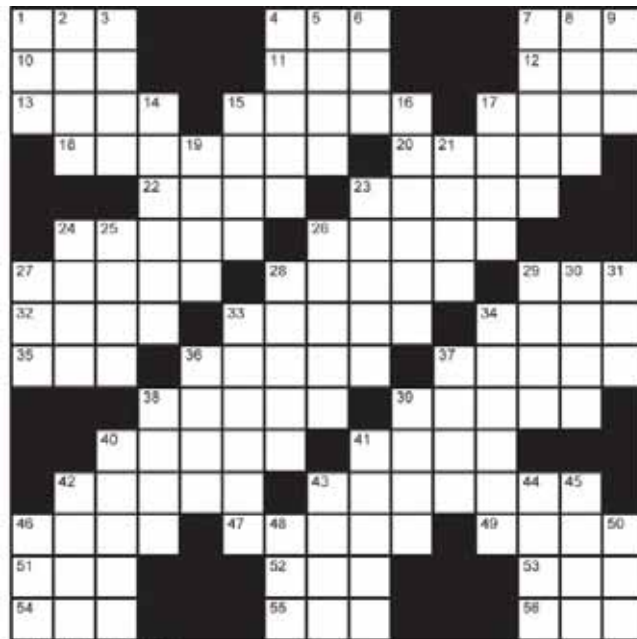
1. Likely
4. CBS forensic drama
7. Canadian pals
10. Cow sound
11. Ad ___ committee
12. Evolutionary time period
13. Vassal
15. PM St. Laurent
17. Pack away
18. ___ Canadian (beer)
20. Scarborough, Ontario-born Austin Powers player Mike
22. "I should be sleeping like ___": line from "A Hard Day's Night" (2 wds.)
23. Portion
24. Sys ___: computer department VIP
26. ___ once: suddenly (2 wds.)
27. Towelled off
28. Secret agents
29. Obsolete TV program saver, for short
32. Some August babies
33. Gives a darn
34. Will beneficiary
35. Bond creator Fleming
36. Had the courage to try
37. Tosses
38. Pop trio brothers
39. Liberal or Conservative
40. ___ and the whale
41. Pile
42. Got in shape, with "up"
43. R.B. ___: 11th Prime Minister, who moved to Calgary in 1897, which became his political base
46. BMW subcompact

model taken over from

- Rover in 2000
47. Years and years
49. Toronto-based "Tom Sawyer" group
51. "___ Maria"
52. "I got an ___ the test": "I aced it" (2 wds.)
53. Scottish "no"
54. Windows 7 or Mac OS X: acronym
55. Can. neighbour
56. Elbow's locale

Down

1. Morning times, for short
2. Bard's creation
3. Matador's opponent
4. Cheech's Edmonton-born partner
5. Under: Fr.
6. Here: Fr.
7. 39.37 inches
8. Amateurs' opposites
9. Observed
14. Calgary team
15. Bird that gives its name to the \$1 coin
16. Happy expressions
17. Hutterites or Menonites
19. Skidded
21. Affirmations
23. Carried on, as a trade
24. Field
25. Edmonton-born Maple Leaf Phaneuf
26. After: Fr.
27. 551 on a monument
28. NS-born singer McLachlan
29. Bulletproof garment
30. Québec ___



31. Monopoly has 4: abbr.
33. "O" follower
34. 22nd PM, whose riding also is in Calgary
36. Finished
37. James ___: TV's *Las Vegas* star
38. ___ Mitchell: Fort Macleod, Alberta-born writer of Crosby, Stills, Nash & Young hit "Woodstock"
39. Writes
40. James Earl or Tommy Lee
41. Auburn dye
42. DVR pioneer
43. Heckles
44. Albacore in a can
45. Russian leader before 1917
46. Angry
48. ___ de Cologne
50. Bottom seam

Yesterday's Crossword



What's online

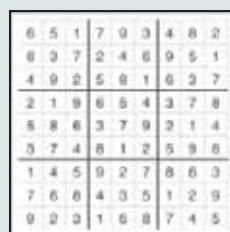
See today's answers at metronews.ca/answers.

Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku



Weather

TODAY

WEDNESDAY

THURSDAY



MAX: 21°
MIN: 8°



MAX: 23°
MIN: 7°



MAX: 22°
MIN: 12°



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